



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
MASTER OF ARTS IN MARRIAGE & FAMILY THERAPY**

MAY – AUGUST 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: MFT602

COURSE TITLE: SPIRITUAL & THEOLOGICAL RESOURCES

EXAM DATE: TUESDAY 6TH AUGUST 2019

TIME: 2:00PM-5:00PM

DURATION: 3 HOURS

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- This paper has Seven questions
- Section A is compulsory
- Answer ANY THREE questions in Section B
- *ALL PAC University's examination rules and regulations apply*

SECTION A (COMPULSORY)

1. a) i). Outline two main ideas about spirituality. (4 marks)
ii). Explain any three ways in which the ideas above might influence your therapeutic process. (6 marks)
- b) Using examples, differentiate Spirituality from Religion. (4 marks)
- c) Explain five challenges that an MFT therapist is likely to encounter in the process of integrating spirituality into psychology. (10 marks)
- d) Discuss the usefulness of a spiritual genogram in assessing spirituality/religion in clients. (5 marks)
- e) Give two advantages and two disadvantages of using the genogram. (4 marks)
- f) Differentiate spiritual histories from spiritual life maps. (6 marks)
- g) Highlight any five guidelines for using explicit strategies in integration. (5 marks)

SECTION B Answer any three questions

2. The Case of Isabel.

Isabel is counselling Nadine, who requested assistance handling her boyfriend Mike's pressure for her to start attending church with him. Nadine, a Jew was not interested in getting involved in Christianity, though she had virtually given up attending her synagogue and had not participated in any religious holidays in the past ten years. Nadine also reported to Isabel that she was afraid she would lose Mike if she didn't show some appreciation for his religion. Isabel, who was raised Catholic, discontinued her relationship with her church when she decided she could not support its negative position on birth control, women's ordination, and abortion. Isabel was able to empathize with Nadine's reluctance to get involved in a religion she didn't believe in. In counselling, Isabel focused on gender issues and advised Nadine to be assertive regarding her opinion about religion, regardless of what her boyfriend thought. Although Nadine appreciated the support from Isabel, she remained torn between her religious heritage and her boyfriend, whom she hoped to marry.

- a) How well do you think Isabel handled Nadine's issues around religion? Discuss any three reasons for your answer. (6 marks)
- b) State any two personal issues that Isabel might be struggling with. (2 marks)
- c) Do you think that Isabel's own history with religion influenced the way she worked with Nadine? Explain any three reasons for your answer. (6 marks)
- d) If you were Nadine, describe any three feelings about Isabel's work with you? (6 marks)

3. The Case of Father Michael.

Fr. Michael is a Catholic priest and licensed clinical psychologist. He conducts both pastoral counseling as well as professional psychological therapy. He works out of his parish office. A client discloses to him that she has harmed her child by severely hitting the youngster. Fr. M. informs the client that he is a mandated child-abuse reporter as a licensed

psychologist and thus must break confidentiality and call child protective services; however, the client angrily retorts that everything she says should be kept in confidence since she is confessing her sin of abuse to a priest under the sacrament of reconciliation.

- a) Explain any three ways in which Father Michael could have avoided this ethical dilemma. (9 marks)
- b) Identify an ethical dilemma you have found yourself in and explain how you dealt with it (5 marks)
- c) Describe any three ways in which clients may be contra indicated in integrating spirituality into counselling. (6 marks)

4.The Case of Cindy.

Cindy is a 39 year old African American mother of two daughters, Tiffany, 9 and Taylor, 7. Cindy came to counselling because she was having difficulty dealing with the fact that her father, Jerome, had sexually abused both girls the previous summer on a family camping trip. Cindy reported that the father remained in denial, that she and her husband, Carter, are extremely stressed by their involvement with Social Services and with the Legal system. Cindy said that her siblings were all angry at her for 'breaking up the happy family' and they were beginning to take sides. When she met with her counsellor, Paula, she said, "I just want to be able to forgive him [her father]. Right now, I am so hurt and angry I can't even think about him without getting nauseated. But I know God expects me to forgive him. How will I ever do it?"

- a) i) State any three steps you would take in working with Cindy. (3 marks)
- ii) As an MFT therapist, discuss two ways you may work with her family members and extended family. (4 marks)
- iii) In what two ways might you respond to Cindy's goal of forgiving her father? (3 marks)
- iv) Describe your personal understanding of forgiveness and three ways in which it would influence the way you work with Cindy in this case. (6 marks)
- b) Differentiate emotional from decisional forgiveness. (4 marks)

5a) Outline any three steps in community building forgiveness and reconciliation.

(6 marks)

b) Discuss any four favourable conditions for forgiveness and reconciliation in community building.

(8 marks)

c) “Everyone says forgiveness is a lovely idea until they have something to forgive”. Describe briefly a personal experience where you are finding it difficult to forgive (6 marks)