



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END-OF-SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
ARTS IN COUNSELING PSYCHOLOGY**

JANUARY – APRIL, 2025

COURSE CODE: COU4354

COURSE TITLE: COUPLE COUNSELLING TECHNIQUES

END-OF-TERM EXAM

Time: 3 Hours

Instructions:

Answer ALL questions in Section A

Answer Any Two questions from Section B (each 20 Marks).

SECTION A (Compulsory – 20 Marks)

Question 1

- a) Distinguish between Couple Therapy and Family Therapy (4 Marks)
- b) Define the following terms as used in couple and family therapy
 - i. Insecure Attachment (2 Marks)
 - ii. Telehealth (2 Marks)
 - iii. Attachment injuries (2 Marks)

Case Study

John and Emily met during college and have been together for a decade. The initial years of their marriage were harmonious, but challenges began to surface after Lily's birth. John's demanding job requires him to work late, leaving Emily to manage most household and childcare responsibilities. Emily's feelings of isolation have been compounded by John's retreat into work and, as she discovered, pornography.

- c) List down any TWO strategies you would employ to establish trust and rapport with both John and Emily, ensuring they feel equally heard and supported during sessions. (4 Marks)
- d) Explain how you can navigate potential biases to ensure both John and Emily feel their perspectives are validated, especially when addressing sensitive topics like pornography use? (4 Marks)
- e) Describe any TWO assessment tools or techniques you would use to diagnose the underlying issues contributing to John and Emily's conflicts and disconnection. (4 Marks)

SECTION B: Answer ANY TWO Questions (20 Marks)

Question 2

- a) Explain any TWO key aspects of family therapy (4 Marks)

- b) Expose how attachment problems in childhood are likely to play out in a romantic relationship (6 Marks)

Question 3

- a) From an EFT perspective, attachment injuries can cause mental health issues among intimate couples. Explore any TWO mental health issues likely to manifest among couples experiencing attachment injuries (4 Marks)
- b) Explain why infidelity is a complex issue to treat in couple therapy (6 Marks)

Question 4

- a) Using biblical references, demonstrate the biblical view of coupling and marriage relationship (4 Marks)
- b) Explain the meaning of John Gottman's concept of **building love maps** and **Fondness and Admiration** in building a strong and healthy relationship (6 Marks)

Question 5

- a) Demonstrate how you can develop a therapeutic alliance in couple's therapy (4 Marks)
- b) Forgiveness after marital infidelity is possible. Justify this statement and list down the FOUR Key stages in facilitating forgiveness (6 Marks).