



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

MAY-AUGUST 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: INTRODUCTION TO MFT THEORIES

EXAM DATE: MONDAY 5th AUGUST 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- **Answer Question 1 and any other THREE**
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

- a) Discuss two differences between individual therapy and family therapy. (4mks)
- b) Illustrate the role of the following factors in marital and family problems:
 - i. Power (4mks)
 - ii. Family life cycle. (4mks)
- c) Critique self disclosure in family therapy. (4mks)
- d) i. Outline the different types of marriages as stipulated in the Kenyan law. (5Mks)
 - ii. Highlight four conditions that can make a marriage voidable by Kenyan law. (4mks)
- e. Define the term assessment in family therapy. (3mks)
- e. Show how the following contribute to the stress within the family system.
 - i. Reaching adolescence. (4mks)
 - ii. Approaching middle age (4mks)
- f) Explain, with an example, the concept of symptom-system reciprocity in family therapy. (4mks)

QUESTION TWO

Examine the case study below and answer the questions that follow.

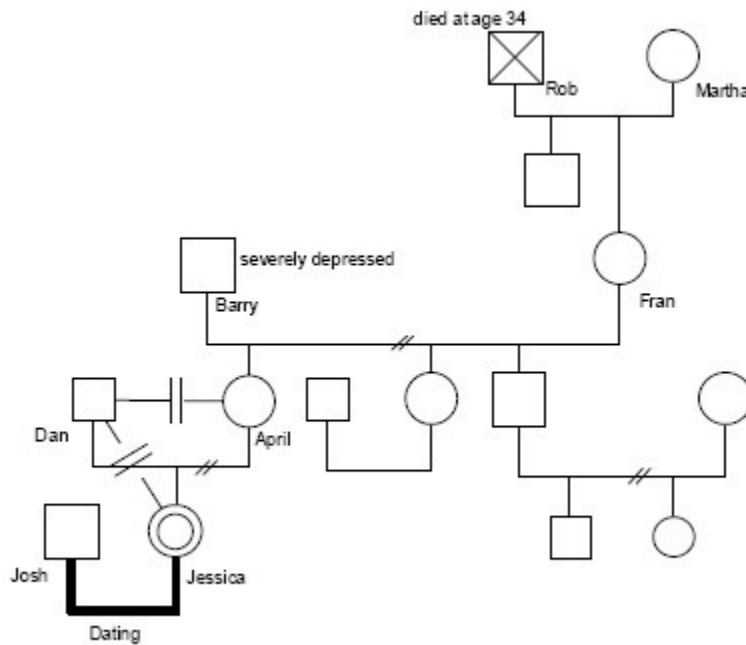
Kamira 16 years old shared some family struggles she was having. She shared that she grew up with a lot of verbal and emotional chaos in her home, with her father and mother constantly bickering. Her parents divorced when she was 12 years old, and ever since, she has genuinely struggled with each of them vying for her allegiance by trying to draw her in as a confidant against the other. When her father remarried four years ago, Kamira felt especially conflicted, wanting to be happy for her father but feeling protective of her mother, who used the occasion to try to draw Kamira to herself and against her father and his new wife. On her part, Kamira had major exchanges with the step mother every time she was obligated to live with her father and his new wife. In an attempt to support why she thought the father was up to no good, the mother shared with her very deep and intimate issues between her and her divorced husband. She implied that the father did not have any goals for the broken family and that she had to make many decisions to save the family from collapsing. The renewed conflict between her father and mother led her father to appeal to Kamira to see that her mother and her side of the family were really against him and quite unfair and mean-spirited. He often strongly insisted that Kamira break off contact with her mother and that side of the family, which he explained was a mess, until they began to treat him better.

Questions

- a) Outline THREE therapy issues that Kamira has stated in the excerpt above. (3mks)
- b) Explain, with examples, two key concepts depicted in the case study above from *either Structural Family Therapy OR Bowenian Family Therapy* perspective. (6mks).
- c) Explore why the stepmother-stepdaughter relationship can be the most difficult to establish in a blended family. (6mks).
- d) Using any family systems theory, discuss the concept “families are political entities.” (5mks)

QUESTION THREE:

Examine the genogram below and answer the questions that follow.



Questions

- Discuss two noticeable family relationship patterns in the genogram (4mks).
- Explore three hypotheses that you might want to understand concerning Barry's "severe depression." (4Mk)
- Explain three key areas from the genogram, that a counselor might want to address if Josh and Jessica sought for premarital counseling. (6mks)
- Discuss two possible family dynamics as a result of Rob's death. (4mks).
- Highlight the significance of family genogram in the spiritual context.(2mks).

QUESTION FOUR

- Discuss the importance of joining as a process of family therapy. (4Mks).
- Analyze any three aspects of Fleck's family functioning assessment criteria. (6Mks)
- Discuss any three characteristics of healthy families.(6Mks)
- Outline TWO functions of family gatherings in the transmission of multigenerational emotional process? (4Mks)

QUESTION FIVE

- Explain any three characteristics of family systems(6mks).
- Discuss two methods of addressing silence in family therapy. (4Mks)
- Elaborate on any ONE characteristic that the therapist looks for in assessing for enmeshed boundaries in families during therapy? (4mks).
- Describe three guidelines for dealing with argumentative families in therapy (6Mks)