



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2020/2021

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS (COUNSELLING PSYCHOLOGY)

APS 808: MARITAL AND FAMILY THERAPY EVENING

DATE: MONDAY, 14TH JUNE, 2021

TIME: 9.00 A.M. - 12.00 P.M.

INSTRUCTIONS:

Answer question ONE and any other TWO questions

Question One

Shanice is 42 years and her husband Simon is 45 years old. They have been married for 23 years now and their 20 year old daughter Jewel is in college. Shanice had a miscarriage three years after Jewel's birth and thereafter the couple adopted their son Jason, who is now 15 years and in high school. Shanice mother died two years ago while her father, who is 85 years old, is ailing and currently living with them. Her father's health has deteriorated and Shanice has had to quit her job to care for her ailing father. Simon has had to work double shift to meet the family's financial needs. Shanice has come to you feeling frustrated and stressed up. She reports that she is feeling overwhelmed and does not know what to do with her family, which is in turmoil. Her son Jason has started taking marijuana and has been suspended severally from school. His sister on the other hand is detached and avoids coming home over the weekends. She would rather spend time with her friends to try to forget the issues at home. Shanice also shares that their marriage has become strained and Simon rarely talks to her and just comes home late and goes to bed.

- a) Construct a genogram showing the family background. (8 Marks)
- b) Using Bowens model of family therapy, explain four techniques you would apply while conducting therapy for the family. (12 Marks)

INVOLVEMENT IN ANY EXAMINATION IRREGULARITY SHALL LEAD TO DISCONTINUATION

Question Two

The COVID-19 pandemic has affected the family system, especially during the national lockdown period when children were at home.

- a) With relevant examples, discuss four techniques you would use in therapy using the above approach. (12 Marks)
- b) Using the concepts of strategic family model, explain four possible reasons for this disharmony. (8 Marks)

Question Three

- a) Family assessment is crucial during family therapy. Describe five key issues that are assessed in family therapy. (10 Marks)
- b) As a marital and couples therapist, explain the five key principles to consider while conducting therapy. (10 Marks)

Question Four

- a) Citing examples, explain four ways in which the family of origin/orientation may influence the effective functioning in the family of procreation. (8 Marks)
- b) With the use of examples, discuss four situations where a multicultural family counsellor may breach the principle of confidentiality in the process of counselling families and couples. (12 Marks)

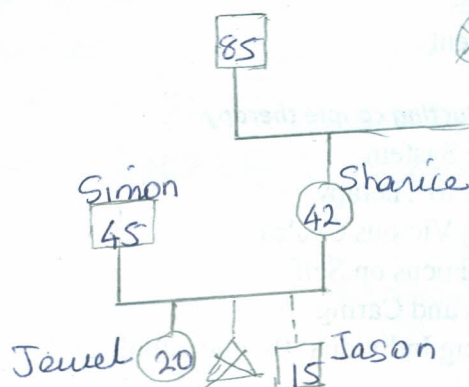
Question Five

- a) Discuss four factors that seem to threaten the institution of marriage among postmodern families in Africa. (12 Marks)
- b) Using the knowledge acquired in this course, discuss four interventions that can be used to address the challenges faced by families today. (8 Marks)

KENYATTA UNIVERSITY
UNIVERSITY EXAMINATION 2020/2021

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS(COUNSELLING PSYCHOLOGY)
MARKING SCHEME

1a The genogram



b. Four techniques using Bowen's model of family therapy that can be applied

- Creating a multigenerational lens
- Detriangling
- Encouraging differentiation
- Lessening emotional reactivity

2.a. Four possible reasons for family disharmony according to strategic family model

- Family members' behavior can only be understood within the family context – Feedback loops maintain the solution as the problem. – Symptoms are the result of misguided attempts at changing an existing difficulty
- Symptoms are a homeostatic mechanism regulating marital or family transactions
- Family rules govern much of the family's behavior and restrict which solutions can be tried. In such cases, change is required not only in the problem behavior, but also in the underlying rule. This concept raises the distinction between a first-order change and a second-order change
- positive Connotations – No one can change when the system has a negative connotation of them.
- Neutrality with respect to life
- Use of Triangles, sequences and hierarchies

b. Strategic techniques

- The use of directives, homework, experiments are used to create opportunities
- Power struggles with the family (client) are generally avoided, the tendency being to take the path of least resistance and use indirect ways of turning the family's involvement into positive use.
- Positive interpretation to the client of its symptoms or motives and homeostatic tendencies are employed.

- Paradoxical interventions, restraining change, “go slow” messages, and prescribing the symptom are typical techniques used in strategic therapy, and may be directed toward the whole family or to certain members.

3.a. Key issues assessed in family therapy

- Roles in the family
- Family competencies
- Communication
- Boundaries and hierarchies
- Family stage of development
- Interaction patterns

b. Five considerations when conducting couple therapy

- Joining with the Couple System
- Building a Commitment to Therapy
- Identifying and Altering Vicious Cycles
- Moving from Blame to Focus on Self
- Strengthening Cohesion and Caring
- Identifying and Managing Individual Psychopathology
- Managing Couple Affect

5. a Factors that threatens institution of marriage in postmodern families in Africa

- Technology
- Financial and economic constrains
- Differed political ideologies
- Poor communication
- Both couples having multiple roles as students, spouse and parent
- Infidelity

b. Interventions that can be used to address these challenges

- Assessing emotional ties and past experiences of each spouse
- Enhancing healthy communication through psycho education
- Identification of developmental stage of the family
- Assessing and analyzing cognitive distortions and behavior within family members and promoting behavior modification and cognitive restructuring.
- Encouraging flexibility of rules and roles as per the situations experienced.
- Creating awareness of porosity of boundaries within and without the family.