



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: 5.30 P.M. - 8.30 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 Bowen's model of family therapy, explain four techniques you would apply while conducting therapy for the family. (12 Marks)

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. *strategic family model* (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)

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UNIVERSITY EXAMINATION- NAKURU
DEPARTMENT OF PSYCHOLOGY
APS 808: MARITAL AND FAMILY THERAPY**

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MARKING SCHEME

Q1 a) Students to construct a genogram showing a family background.

- The genogram to indicate:
- male and female signs
- Signs for children-
- Miscarriage sign
- sign for a son and a daughter
- sign indicating death for grandmother
- Broken relationship
- Dysfunctional behaviour - drugs

Any 4x2

b) Techniques for family therapy using Bowens model of family therapy

- *differentiation
- *emotional triangle
- *family projection
- *multigenerational transmission process
- *emotional cut off

*sibling position

Societal emotional process

Nuclear family emotional process

Any 4x2

Question Two

a). Therapeutic techniques for the family using strategic family model

*Entering in the family system

*tracking and diagnosing

Restructuring

Restraining change

*go slow messages

Prescribing the problem

Any 4x3

b). Possible reasons for family problems using strategic model

-Changes in a family

-arrival of a new child

- Change of family roles

-Isolation

-childhood painful experiences

-Abuse in family context

-mismanagement of resources

-infidelity

- misunderstanding
- Disloyalty etc
- stress
- lack of basic commodities

Any 4x2

Question Three

a). Areas assessed in family therapy

- *structure
- *Interdependence
- *Family roles
- *Resources
- *Relationships
- *Sibling birth order
- *stressors
- *intruders
- *economic activities
- *responsibilities

Any 5x2

b). Key principles to consider as a family therapist

- *source of the problems/ underlying issues
- *solvable problems
- *Set goals

- *design interventions to achieve goals
- *Responses/ willingness
- *system of the family
- *resources
- *family relationships
- *structures of the family dynamics
- *family roles
- *beliefs, culture and individual personality
- *priorities and abilities

Any 5x2

Question Four

a). Influence of family of origin in functioning of procreation family

- *genetically
- *socially
- *environmental factors
- *economic activities
- *parenting styles, nurture and nature
- *beliefs and practices
- * Expression of emotions
- *childhood experiences eg traumatic etc
- *behaviour

Any 4x2

b). Breaching of confidentiality by a multicultural family counsellor

- *in case of intention to harm
- *dealing with minor
- *consulting session
- *demand by court of law
- *during supervision
- *during referral of some cases
- *In case of group family therapy

Any 4x3

Question Five

a). Factors threatening institution of marriage among postmodern families in Africa

- * Western culture interference
- *Modern education
- *Migration from rural – urban etc
- * Money economy
- *Erosion of family cultural values
- *Mass media
- * Advancement in technology eg GMS
- * Globalizations
- *Government / Political policies
- *Drug and substance use

*unflawed movements/ sects

*infidelity

*Foreign religion

Any 4x3

b). Interventions for family challenges in contemporary society

*Bio medical

*psychological

*Social skills training

*behavioural

*psycho education

*rehabilitation programs

*Psychotherapies

*Token economy

*Psycho spiritual

Any 4x2