



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2020/2021

**FIRST SEMESTER EXAMINATION FOR DEGREE MASTER OF ARTS IN
COUNSELLING PSYCHOLOGY**

APS 808: MARITAL AND FAMILY THERAPY

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

- a) Using relevant examples, explain four differences between family therapy and individual therapy. [8 marks]
- b) Discuss the meaning of the following concepts as used in Marital and Family Therapy:
 - i) Separation and Individuation
 - ii) Emotional cut off
 - iii) Therapeutic double bind
 - iv) Miracle questions [12 marks]

Question Two

Mr. and Mrs. Kibata got married in their early forties and just celebrated their eighth wedding anniversary. However, they have minor differences that usually blow up into major quarrels and conflicts. They have seen several therapists but seem not to change their behavior. The recently saw a therapist who specializes in strategic approach in counselling couples.

- a) Explain five possible causes of their behavior according to the emotionally focused approach to counselling couples and families. [10 marks]
- b) With the use of examples, describe five paradoxical strategies that the therapist is likely to use address the couples' issues. [10 marks]

Question Three

Mr. and Mrs. James were approaching their 30th year in marriage having married when they were in their early twenties. They have had a relatively good marriage. However, they have grown distant from each other and are no longer intimate. In spite of this, they pretend they are still happy with each other especially in public. Mrs. James went to see a therapist and reported that she was feeling empty and unhappy in her marriage.

- a) Discuss five possible causes of their problems using the experiential family therapy. [10 marks]
- b) Discuss five ways you would address their issues using the experiential family therapy techniques. [10 marks]

Question Four

Njeri and Mutua got married 7 years ago. Their relationship started well and were blessed with three children. However, in their 5th year, Mutua cheated on his wife with a colleague at work. This was followed by a discovery that Mutua was cheating on his with several other women. The marital relationship was badly affected and they started having regular conflicts ending in fights. They sought the intervention of their parents and their pastor: Njeri forgave her husband and they agreed to work on their issues. In the last one year, the conflicts resumed and Njeri finds it very difficult to trust her husband and their sex life has become almost non-existent. She is very suspicious of anything that he does. The husband on the other hand says he is tired of having to prove himself to his wife. The situation has become so bad such that there is no meaningful communication between them as they are afraid of talking about the issues. Mutua is afraid that Njeri will leave him and Njeri is lonely and she is considering having an affair to revenge. Imagine that they come to see you for therapy.

- a) Explain four possible causes of their problems using cognitive behavioral family therapy (CBFT). [8 marks]
- b) Drawing examples from this case, discuss four cognitive behavioral family therapy techniques that you will use to help this couple resolve their issues. [12 marks]

Question Five

Using examples, discuss two ways in which the following factors may influence family therapy.

- a) Age
- b) Religion
- c) Ethnicity
- d) Social-economic status
- e) Sexual orientation