



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

(EVENING CITY AND MOMBASA CAMPUSES)

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS

APS 808: MARITAL AND FAMILY THERAPY

DATE: Thursday 23rd November, 2017

TIME: 9.00 a.m. - 12.00 p.m.

INSTRUCTIONS:

Answer question ONE and any other **TWO** questions

Question One

~~(a) Differentiate between individual and systems approach to counselling families (4 marks)~~

Q1 (b) Stacy is 35 years old and currently married to Jason. Both partners had been married previously and divorced. Stacy and Jason both have daughters from their previous marriage and a son from the current union. Their son Jacob is 6 years and in primary school while Jason's daughter is 17 years old and in secondary school. Stacy's daughter Stephanie is 19 years old and just dropped out of school after realizing she was pregnant and is currently living with her grandmother (Stacy's mother) until the baby is born. The family is experiencing a lot of problems: Stacy and her daughter are not close at all and the daughter blames her mother for her problems as she claims that the mother abandoned her father. In addition, she hates Jason and swears that he can never be her father. Jason's daughter blames Stacy for stealing her father and wants nothing to do with Stacy. Their son Jacob is having problems in school as he tends to go against all the rules and engages in anti-social behaviours.

(a) ~~(i)~~ Construct a genogram of the family illustrating the nature of relationships in this family

(5 marks)

(b) ~~(ii)~~ Using the knowledge you have acquired in this course, explain five causes of the conflict in this family and the techniques you can use to address the problems

(15 marks)

(c) Using relevant examples, explain the meaning and application of the following terms and concepts as applied to couple and family therapy

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|-------|--------------------|-----------|
| (i) | Family resiliency | (2 marks) |
| (ii) | Family homeostasis | (2 marks) |
| (iii) | Double bind theory | (2 marks) |

Question Two

Almost all families experience some type of marital conflicts at one point in their life cycle. Using the life cycle theory, discuss the possible factors that may lead to marital conflict in families (20 marks)

Question Three

Using appropriate examples, discuss strategic family therapy under the following headings:

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|-----|-----------------------------|-----------|
| (a) | Source of problems | (5 marks) |
| (b) | intervention techniques | (5 marks) |
| (c) | Strengths of approach | (5 marks) |
| (d) | Limitations of the approach | (5 marks) |

Question Four

Mr. and Mrs. stone have been having marital problems and have been referred to you for therapy. Mrs. Stone reports to you that she suspects that her husband is having an affair since he always complains that he is tired and has been intimately withdrawn. Mr. Stone gets infuriated of his wife's serious allegations and denies having an affair. He explains that he has been working double shift since his colleague retired and has not been replaced yet. Mr. stone feels that his wife is selfish and doesn't appreciate the sacrifice he is making since he is the sole breadwinner in the family.

- (a) Using the cognitive behavioral theory, discuss five possible causes of their conflict (10 marks)
- (b) Discuss five techniques that you can employ for successful therapy with the couple (10 marks)

Question Five

- (a) Briefly explain five methods of assessment that can be used in family therapy (10 marks)
- (b) Using examples, explain any five ethical principles and their application in family and marital therapy (10 marks)