



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2015/2016

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS

APS 808: MARITAL AND FAMILY THERAPY

DATE: Wednesday 9th December 2015

TIME: 5.30p.m -8.30p.m

INSTRUCTIONS:

ANSWER QUESTION ONE AND ANY TWO OTHER QUESTIONS

QUESTION ONE (20 MARKS)

Denise is a 41 year old single mother with a teenage (19 years) son who is currently in college. Denise has come for counseling feeling frustrated and overwhelmed at the demands of those in her life: she has to visit and take care of her ailing mother of 65 years since the siblings live far away. Denise, being the first child in a family of four (she has three younger unmarried brothers) started taking care of her family after her father died while they were young. Her friends have come to rely on her as the person who will always be available, and who also never complains when let down.

Denise is also a manager at her job and her division has been the best performing in the last few years. Her work performance is not as good because she is spending much of her time and energy caring for her mother who does not seem to be getting any better, despite all the treatment. Denise is increasingly getting reactive and is now feared at work because of her short temper.

Denise reports to you that she 'just wants to get her life back' and 'have my brothers begin to act like adults'. She states that she is fatigued and would like help with standing up to the people around her who keep making demands on her. Denise intimates that she is struggling to 'even put in a good night's sleep' and has recently begun to experience severe headache. Denise admits that her drinking has increased significantly because that is the only way she can get herself to sleep. She also states that her attempts to plead with her brothers to be more supportive have not helped much.

From the case above:

- a) Describe the underlying problem, from a systems perspective, justify your answer. [4marks]
- b) Construct a genogram of Denise's family and explain how this technique can enhance your assessment of the case. [12marks]
- c) Discuss one life cycle consideration you would make during your assessment. [4marks]

QUESTION TWO (20 MARKS)

Using two examples for each category, critically analyze the use of questions as a core skill in treatment of families. [20marks]

QUESTION THREE (20 MARKS)

Critically analyze five (5) key principles that are necessary in the provision of effective couple therapy. [20marks]

QUESTION FOUR (20 MARKS)

Melissa separated with her husband Jack and is currently living with her young children at her mother's home. She feels undermined by her mother's treatment of her children and the rules she had put in place around things like eat at bedtime hours. The relationship between Melissa and her mother begins to deteriorate rapidly. Everybody in the family starts to find this new arrangement exhausting and upsetting. However Melissa finds it difficult to address the issue with her mother since she is putting a roof over their heads.

- a) Using the strategic family therapy, critically analyze the major concepts in approaching this case. [12marks]
- b) Using the same approach, explain the therapeutic process in counseling Melissa's family. [8marks]

QUESTION FIVE (20 MARKS)

- a) Using three (3) relevant research methods examples, discuss how you can use research in your practice, to improve your effectiveness as family therapist. [15marks]
- b) Explain the importance of the use of literature review in conducting family therapy. [5marks]