



(UNIVERSITY OF CHOICE)

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND
TECHNOLOGY (MMUST)**

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER EXAMINATIONS

MAIN EXAMINATION

FOR THE MASTERS OF ARTS DEGREE

(COUNSELLING PSYCHOLOGY)

COURSE CODE: PSY 828

**COURSE TITLE: THEORIES OF MARITAL AND FAMILY
THERAPY**

DATE: 25/04/2022

TIME: 2:00 – 5:00 PM

INSTRUCTIONS TO CANDIDATES

Answer ANY FOUR questions only

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

- 1 (a). Explain any two contributions of Alfred Adler to family therapy (3 mks)
(b). The **communication model** for family therapy addresses the content and command aspects inherent in communication. Describe **three communication stances of concern** to a therapist which are commonly used by dysfunctional families (6 mks)
(c). Using Robert Beavers model of family functioning, explain any two characteristics of
 - i. An **optimal** functioning family (3 mks)
 - ii. A severely **dysfunctional** family (3 mks)
2. **Experiential (Humanistic Family) Therapy** is one of the more recent psychodynamic therapies that are derived from the **psychoanalytic** approach.
 - (a). Compare the two models of therapy by their respective **goals of counselling** (6 mks)
 - (b). Explain one weakness and one strength of Experiential Family Therapy over the earlier Psychoanalytic approach (3 mks)
 - (c). In family therapy, the client is the “**whole family**”. Evaluate the **counsellor – client** therapeutic relationship in light of this statement (6 mks)
3. People have argued that the practice of **psychotherapy** should be anchored in **theory**.
 - (a). Define the underlined terms in this statement (4 mks)
 - (b). Explain any three qualities of a good theory (6 mks)
 - (c). Of what value is theory to marital and family therapy? (5 mks)
- 4 (a). According to general system’s theory as applied to the family, every family has its “steady state” of operation (**homeostasis**). How might:
 - i) The individual member contribute positively/negatively towards the steady state? (3 mks)
 - ii) The collective family contribute positively/negatively towards the steady state (3 mks)
 - iii) The therapist contribute **positively** toward the family in such a state (4 mks)
 - (b). According to Murray Bowen, the goal of family therapy is to teach people to **respond** and not to **react** to their family system. Explain (1 mks)
 - (c). Bowen’s theory on family systems makes use of up to eight concepts. Clearly explain the **meaning** and **importance** of the following two concepts to therapy:

- i. Triangles (2 mks)
- ii. Sibling position (2mks)

5 (a). What are the **key features** of Cognitive Behavioural therapy (CBT) for families? (5 mks)

(b). With the help of one practical **example**, explain the CBT technique of

- i. cognitive re-structuring (5 mks)
- ii. Problem-solving (5 mks)

6 (a). Differentiate between **enmeshed** and **disengaged** family systems (4 mks)

(b). How is **family dysfunction** addressed under the **structural family therapy**? (5 mks)

(c). Explain any two **techniques** used to realize goals of therapy under the **behavioural family therapy** (6 mks)