



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/CU/CO/CR/05/6
Unit of Competency : Provide Marriage and Family Counselling

**WRITTEN ASSESSMENT
CANDIDATE'S TOOL**

INSTRUCTIONS TO CANDIDATE

1. You have **THREE (3) HOURS** to attempt all the questions.
2. Marks for each question are indicated in the brackets ().
3. The paper consists of **TWO** sections; **A and B**
4. Do not write anything on the question paper
5. You are provided with a separate answer booklet.

This paper consists of (3) printed pages

Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing

SECTION A (40 MARKS)

Answer ALL the questions in this section

1. A good counselling environment lays the necessary foundation for forming an alliance and building trust. Identify FOUR (4) characteristics of a good counselling environment. (4 Marks)
2. Marriage is more than a physical union, it is both spiritual and emotional. Highlight the importance of marriage. (4 marks)
3. The intake process is vital to the formation of any counseling relationship. List examples of basic information all intake forms should contain. (4 Marks)
4. John Gottman identified four especially corrosive behaviors that lead to the downfall of a marriage. State the Four Horsemen of the Apocalypse. (4 Marks)
5. Marital therapists often start a therapy engagement by asking clients to participate in an information gathering assessment phase. Highlight the difference between formal and informal assessment. (4 Marks)
6. Marriage counseling can help couples in all types of intimate relationships. Mention Four common services a marriage therapist can offer. (4 Marks)
7. The treatment plan is the road map that a patient will follow on his or her journey through treatment. Mention four reasons for having a treatment plan. (4 Marks)
8. Identify four Characteristics of an Effective Marriage and Family Therapy (4 marks)
9. List any four reasons for setting up a therapy evaluation. (4 Marks)
10. Supervision is a process that involves a supervisor overseeing the professional work of a supervisee. Name four goals of supervision. (4 Marks)

SECTION B: (60 MARKS)

Answer any three questions from this section.

- 11. a.** Winnie and Willie want to get married and they have been referred to you for pre-marital counselling. Explain any FIVE areas that would be important for them to address before they get married. (10 marks)
- b.** Describe any five marriage and family therapy techniques you can apply to help the family who have poor communication. (10 Marks)
- 12. a.** Describe five signs that indicate that a client is ready for termination of therapy. (10 Marks)
- b.** Explain any FIVE (5) Ethical considerations that are applicable in marriage and family therapy. (10 Marks)
- 13. (a)** According to Virginia Satir, Name the five dysfunctional communication stances (10 Marks)
- b.** Virginia Satir's therapy involved inviting families to set aside time each day to connect with one another. Identify FIVE ways to accomplish this. (10 Marks)
- 14. a.** Describe five elements of human sexuality (10 marks)
- b.** giving relevant examples, explain five sexual dysfunctions that are common in both men and women between the age of 40 and 50 years. (10 marks)