



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY

Qualification : Counselling Psychology Level 6

Unit Code : HW/CU/CP/CR/05/6/MA, PSY/CU/CO/CR/05/6

Unit of Competency : Provide Family and Marriage Counselling

WRITTEN ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of THREE (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. Define the following terms as used in marriage and family therapy;
 - i. Pre-Marital Counseling (2 Marks)
 - ii. Marriage (2 Marks)
2. Good Counseling skills are key to effective counselling services. Identify FOUR counseling skills. (4 Marks)
3. Family is the root of the existence of the society. Name FOUR roles of a family in the society. (4 Marks)
4. Developing a counseling contract helps in building rapport which is essential in provision of counselling services. Outline FOUR components included in a contract. (4 Marks)
5. Family therapy is a service that has promoted mental and emotional wellness of the society at large and it intends to work with the family as a whole system. Identify Four theories of family counselling. (4Marks)
6. A treatment plan is the road map that a patient will follow on his or her journey through treatment. Mention FOUR components of a treatment plan. (4 Marks)
7. Family approach theory is critical theory in family counseling. State FOUR key aspects of family system theory. (4 Marks)
8. Zuru Counselling Centre is intending to refer a couple after three sessions. Outline FOUR factors to consider before referring a couple for sessions in counselling. (4 Marks)
9. Supervision is a process that involves a supervisor overseeing the professional work of a supervisee. Outline FOUR roles of a counsellor during supervision. (4 Marks)
10. Family relationships are considered essentially good for the existence of a society. Outline FOUR advantages of an extended Family. (4 Marks)

SECTION B (60 MARKS)

Answer THREE Questions in This Section

11. Sexual dysfunction refers to a difficulty or disturbance in sexual desire, arousal, orgasm, or pain that causes distress or impairment in interpersonal relationships or overall quality of life.
 - a. Explain FIVE causes of sexual dysfunction amongst couples. (10 Marks)
 - b. Discuss FIVE effects of sexual dysfunctions amongst couples. (10Marks)
12. Families can either be classified as either functional or dysfunctional.
 - a. Discuss FIVE differences between functional and dysfunctional families. (10Marks)
 - b. Explain FIVE benefits of marriage and family therapy. (10 Marks)
13. Virginia Satir's therapy involves inviting families to set aside time each day to connect with one another.
 - a) Discuss FIVE common presenting issues in family and marriage therapy. (10 Marks)
 - b) Explain five topics that a counselor can psycho-educate couples with during family counseling session. (10Marks)
14. Amref family Counseling center is recruiting new therapists. They are required to explain the following questions as part of their interview.
 - a. Describe Five approaches of family and marriage counseling. (10 Marks)
 - b. Explain Five applications of person-centered theory in family and Marriage. (10Marks)