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**031306T4PSY**

## **COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR/05/6**

**Provide Marriage and Family Counselling**

**November/December 2025**

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## **TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION COUNCIL (TVET CDACC)**

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### **WRITTEN ASSESSMENT**

**Time: 3 HOURS**

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### **INSTRUCTIONS TO CANDIDATE**

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1. This paper consists of **TWO** sections: **A** and **B**.

2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.

3. Marks for each question are indicated in the brackets.

4. Candidates are provided with a separate answer booklet

5. Do not write on the question paper

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***This paper consists of FOUR (4) 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)***Attempt ALL the questions in this section.*

1. Define the following terms as used in marriage and family counselling:
  - a) Genogram (2 Marks)
  - b) Family projection (2 Marks)
2. Aisha, a counsellor, has supported divorced couples for several years and has begun to experience emotional exhaustion. Suggest FOUR self-care techniques she can apply to manage burnout. (4 Marks)
3. The environment in which counselling occurs greatly affects its effectiveness. Identify FOUR factors to consider when preparing an appropriate venue for marriage and family therapy. (4 Marks)
4. Family counselling applies theoretical frameworks to address relational issues. Briefly apply an appropriate systemic theory to each of the following cases:
  - a) Jane and Michael, a couple, argue frequently because Michael's controlling behaviour mirrors his upbringing in a strict family system. (2 Marks)
  - b) Sarah and Daniel experience communication difficulties where Daniel often blames, and Sarah withdraws to avoid conflict. (2 Marks)
5. Juma and Sophie, a blended family, have been facing tension integrating their stepchildren, leading to strained relationships. Discuss FOUR factors that may influence how family members adapt to the new family structure. (4 Marks)
6. James and Ann are preparing for marriage and have sought premarital counselling. Outline FOUR thematic areas that should be explored during premarital counselling sessions. (4 Marks)
7. Bowen's Family Systems Theory is widely applied in family therapy. Summarise FOUR core principles of Bowenian Theory as used in marriage and family counselling. (4 Marks)
8. Counsellor Sarah decides to refer Peter's family to a specialised therapist after several sessions addressing unresolved grief. Explain briefly FOUR reasons that might necessitate such a referral. (4 Marks)
9. A comprehensive session report ensures continuity and accountability in counselling. Describe FOUR essential components that should be included in a marriage and family counselling session report. (4 Marks)

10. Social and contextual challenges shape the focus of family counselling. Propose FOUR contemporary issues that may arise within marriage and family therapy practice.

(4 Marks)

### SECTION B (60 MARKS)

*Attempt any THREE questions in this section*

11. A family of five, parents Esther and Paul and their three children, seeks counselling after relocating to a new city. The transition has caused emotional strain, misunderstandings, and poor communication among family members.

a) Describe FIVE assessment tools you would use during marriage and family counselling with this family. (10 Marks)

b) Explain FIVE strategies that could enhance effective communication within the family during therapy. (10 Marks)

12. Gado and Jado have been married for 15 years and are experiencing escalating conflict caused by financial strain and differing parenting styles. Their constant arguments have eroded trust and intimacy. As their counsellor, you are expected to provide guidance and intervention.

a) Analyse FIVE counselling intervention models applicable in marriage and family therapy for this couple. (10 Marks)

b) Discuss FIVE challenges you may encounter while conducting counselling sessions with Gado and Jado. (10 Marks)

13. Family conflict often manifests through repetitive emotional patterns that require structured intervention. Counsellors apply systemic approaches to facilitate understanding and resolution.

a) Describe FIVE stages of family conflict resolution based on Family Systems Theory. (10 Marks)

b) Explain FIVE therapy techniques that can be applied to manage and resolve family conflicts effectively. (10 Marks)

14. Mary is a practising marriage and family counsellor managing multiple complex cases involving domestic violence, infidelity, and communication breakdowns. She feels emotionally overwhelmed and uncertain about her effectiveness. Her supervisor has scheduled regular supervision sessions.

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- a) Discuss FOUR benefits Mary is likely to gain from attending supervision sessions. (8 Marks)
- b) Examine SIX types of supervision her supervisor may apply to enhance her counselling competence. (12 Marks)

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