

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/05/6

Provide Marriage and Family Counselling

Nov/Dec 2024



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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

*This paper consists **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 questions in this section

1. Marriage counseling is about helping couples to address their issues and improve their relationship. Identify FOUR assessment tools that can be used during therapy. (4 Marks)
2. Janine a marriage and family therapist has a counselling session that involves four members of a family. State FOUR considerations she would make to the therapy room arrangement (4 Marks)
3. Contance has a therapy session with a couple and their two teenage children and needs to collect bio data to help in understanding the family dynamics. Name FOUR bio data that will provide the counsellor with information on the family dynamics. (4 Marks)
4. Family Systems Theory developed by Murray Bowen gives an understanding how family dynamics and relationships affect individual behavior and mental health. Identify FOUR major concepts of the family systems theory. (4 Marks)
5. Family and marriage therapists come across many issues during their practice. State FOUR common marital problems experienced by families in Kenya. (4 Marks)
6. Marriage and Family Therapy (MFT) uses various interventions to address issues within relationships and family dynamics. State FOUR common interventions used in marriage and family therapy. (4 Marks)
7. There are ethical and legal issues that are likely to arise when providing marriage and family counselling. Identify FOUR ethical and legal considerations in counselling. (4 Marks)
8. David and Lisa, a married couple in their early 40s, have been going to marriage counseling for three months. David feels that therapy is making things worse and tells the therapist, "I want to stop coming." State FOUR reasons for premature termination of this therapy. (4 Marks)
9. It is important for a counsellor to constantly evaluate a therapy session. Identify FOUR aspects a counsellor can evaluate to determine the effectiveness of the marriage and family counselling. (4 Marks)
10. Zena, an MFT counsellor finds that psychoeducation is often necessary during therapy to provide couples with information. Identify FOUR psychoeducation materials a couple's counsellor can avail during therapy sessions. (4 Marks)

SECTION B: (60 Marks)

Answer any THREE questions in this section

11. The Johnson family, consisting of parents; Mark and Lisa, and their two teenage children, Emma and Jake, have been experiencing conflicts and communication problems. Mark is a strict disciplinarian while Lisa is more lenient and nurturing. Emma, 16, feels that her parents are too controlling, while Jake, 14, is increasingly withdrawn and feels disconnected from the family.
- a) Discuss FIVE interventions the counsellor would undertake that are based on the Family circumplex model (10 Marks)
 - b) Explain TWO key components of the Family Circumplex Model (10 Marks)
12. John and Mary, both in their late 20s, are engaged and planning to marry in six months. They seek premarital counseling to ensure they are well-prepared for marriage.
- a) Describe FIVE issues the counsellor would address in the premarital counselling (10 Marks)
 - b) Explain FIVE ways in which a genogram can be used in premarital counselling (10 Marks)
13. Sarah a marriage and family therapist, has been dealing with intense sessions of infidelity, physical and emotional abuse, often filled with anger, tears, and reports of traumatic experiences. Sarah feels a growing sense of fear before appointments. She realizes she may be experiencing secondary trauma.
- a) Discuss FIVE ways in which she can prevent secondary trauma (10 Marks)
 - b) Sarah recognizes that referral is advisable in several of her cases. Describe FIVE situations where referral is advisable: (10 Marks)
14. Alex finds himself with four new siblings when his mother, Sue, marries Peter, who is a widower.
- a) Discuss FIVE types of families a counsellor may deal with during therapy (10 Marks)
 - b) Describe FIVE psychological challenges experienced by children in blended families as they adjust to new family dynamics (10 Marks)

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