

AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031305T4PSY
Course title : Counselling Psychology Level 6
Unit Code : HE/CU/DPSY/BC/01/6/A
Unit of Competency : Provide Marriage and Family Counselling

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. Do not write on the question paper.

This paper consists of THREE (3) printed pages
Candidates should check the question paper to ascertain that all the 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
 - a) Family Therapy (2 Marks)
 - b) Family Genogram (2 Marks)
2. A good counselling venue set-up is key to effective counselling services. Identify **four** qualities of a good counselling venue. (4 Marks)
3. Family is the root of the existence of the society. List **four** functions of families that are common in your community today. (4 Marks)
4. Building rapport is essential in the provision of counselling services. Outline **four** counselling skills that a marriage and family therapist will use to build rapport during therapy sessions. (4 Marks)
5. Family therapy is a service that has promoted the mental and emotional wellness of society at large and it intends to work with the family as a whole system. List **four** goals of family counselling. (4 Marks)
6. The 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. Bowenian theory has 2 main goals. Describe these two goals. (4 Marks)
8. Highlight **three** reasons factors to consider before terminating marriage and family therapy. (6 Marks)
9. Supervision is a process that involves a supervisor overseeing the professional work of a supervisee. State **three** goals of supervision. (3 Marks)
10. Enmeshment is a dysfunctional family dynamic that is passed through the generations. Outline **four** characteristics of an enmeshed Family. (4 Marks)

SECTION B: (60 MARKS)

Answer Any Three questions in this section

11. a). Pre-marital counselling is a key element for a couple who want to get married. Discuss **five** areas you would cover as a counsellor during a premarital counselling session. (10 Marks)
- b).The Mosit family has been having difficulties in expressing their thoughts and this has been affecting their functionality. Describe **five** marriage and family therapy techniques you can apply in the provision of counselling services. (10 Marks)
12. a) Families can either be classified as either functional or dysfunctional. Discuss **five** common features and behaviour patterns of dysfunctional families. (10 Marks)
- b) Explain **five** benefits of ethical considerations that are applicable in marriage and family therapy. (10 Marks)
13. a) Virginia Satir’s therapy involved inviting families to set aside time each day to connect. Discuss **five** ways to accomplish this in family therapy. (10 Marks)
- b)Despite the fact that the meaning and value of marriage have **changed**, restoration of a valuable marriage institute of our time is possible. Propose **five** suggestions that may help in this restoration. (10 Marks)
14. a) Describe **five** principles for making marriage work according to Gottman. (10 Marks)
- b) Explain **five** reasons for conducting referral in Marriage and Family Therapy. (10 Marks)

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