

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/05/6

Provide Marriage and Family Counselling

March/April 2025



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

WRITTEN ASSESSMENT

Time: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

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.

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 questions in this section.

1. Define the following terms as used in marriage and family counselling:
 - a) Gender Identity (2 Marks)
 - b) Ego State (2 Marks)
2. Identify THREE essential characteristics of an effective marriage and family counselling venue. (3 Marks)
3. State THREE assumptions of the Satir Human Validation Process Model in relation to communication patterns, self-esteem, and self-worth in families. (3 Marks)
4. Explain FOUR assessment models used in measuring family functioning in terms of cohesion, communication, and problem-solving. (4 Marks)
5. Based on the scenarios provided, classify the type of couples who, according to Gottman, are likely to have successful and long-term marriages:
 - a) James and Maggie have been married for six years. They have separate hobbies and interests and avoid arguments because they prioritise their relationship over minor conflicts. (2 Marks)
 - b) Stella and Mwamburi, married for 25 years, actively listen to each other, anticipate each other's needs, and offer mutual encouragement. (2 Marks)
 - c) Peter and Judy frequently argue but also reconcile easily. They openly express dissatisfaction whenever it arises. (2 Marks)
6. Describe FOUR fundamental functions of the family within society. (4 Marks)
7. Suggest FOUR strategies that could be incorporated into Zack's continuum of care to support his reintegration into family life following rehabilitation. (4 Marks)
8. Identify FOUR contemporary contextual issues affecting families due to globalisation and cultural diffusion. (4 Marks)
9. List FOUR types of termination in marriage counselling, outlining their significance in the therapeutic process. (4 Marks)
10. Outline FOUR key guidelines that a marriage counsellor should adhere to when conducting tele-counselling sessions using electronic devices. (4 Marks)

SECTION B (60 MARKS)

Attempt any THREE questions in this section

11. The Jones family, an affluent household in Makao Mapya estate, consists of Mr. and Mrs. Jones and their five children; John, Jack, Jeff, Jenelle, and Jayden. The family values male children over female children, leading Jenelle to feel like an outsider. Each family member exhibits a distinct way of handling conflict, influenced by their upbringing and family dynamics.
- Analyse FIVE communication stances demonstrated in the case study above based on Virginia Satir's model. (10 Marks)
 - Propose FIVE activities that the Jones family can engage in to enhance authentic communication and emotional connection. (10 Marks)
12. Theo and Terry, married for 10 years, seek parenting counselling because they feel their two children, Mark (6 years old) and Marcia (3 years old), are difficult to manage. Mark disregards parental authority, enjoys time-out punishments, and eats whatever he wants. Marcia is overly indulged, throws tantrums, and refuses discipline.
- Demonstrate how structural failure, as defined by Structural Family Therapy, is evident in this family's dynamic. (2 Marks)
 - Identify TWO counselling skills that would be beneficial when working with this family. (4 Marks)
 - Analyse THREE subsystems described in the case study above using Salvador Minuchin's Structural Family Therapy framework. (6 Marks)
 - Discuss FOUR parenting styles that Theo and Terry could adopt to improve their parenting approach. (8 Marks)
13. Supervision plays a crucial role in the personal and professional growth of marriage and family counsellors.
- Assess FIVE challenges faced by supervisors in marriage and family counselling. (10 Marks)
 - Explain FIVE qualities that contribute to the effectiveness of a marriage and family counselling supervisor. (10 Marks)
14. Joram, 38 years old, and Fridah, 35 years old, have been in a relationship for three years and are now preparing for marriage.
- Discuss FIVE advantages of engaging in pre-marital counselling for Joram and Fridah. (10 Marks)

- b) Justify FIVE possible reasons that may have influenced Joram and Fridah's decision to get married. (10 Marks)