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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/05/6

Provide Marriage and Family Counselling

July/August 2025

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TVET CURRICULUM DEVELOPMENT ASSESSMENT AND CERTIFICATION COUNCIL (TVET CDACC)

WRITTEN ASSESSMENT

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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.

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This paper consists of FIVE (5) 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

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1. Family-systems-trained therapists often ask each client to complete a 'genogram' as part of the formal assessment process to gather more objective information.

a) Define the term 'genogram' as used in marriage and family counselling.

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(2 Marks)

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b) State and justify TWO purposes of using a genogram in marriage and family assessment sessions.

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2. Psychoeducation is a method that marriage and family therapists incorporate into their services. Highlight FOUR elements to include in a psychoeducation plan for a family presenting with enmeshed boundaries. (4 Marks)

3. Leo and Kesho have been dating for the last three years and have decided to get married. Before formalising the marriage, they seek premarital counselling services at your centre. Outline FIVE benefits they are likely to derive from your services. (5 Marks)

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4. Zito's family faces tension due to Ziko, the first-born son and a teenager, who has been rebellious both at home and at school. Identify FOUR interventions you would use in family counselling to address this issue. (4 Marks)

5. Counselling follows a structured process to address family challenges, with termination being one of the key stages. Propose FOUR types of termination applicable in marriage and family therapy. (4 Marks)

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6. Ethical principles safeguard trust between the therapist and the client in marriage and family therapy.

a) Define the term 'confidentiality' in the context of marriage and family counselling. (2 Marks)

b) List and explain TWO ethical principles besides confidentiality. (2 Marks)

7. Referrals ensure that couples and families receive adequate support and care when needed. Recommend FOUR factors to consider when referring a couple for further services. (4 Marks)

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8. Preparing a suitable venue enhances the effectiveness of marriage and family counselling sessions. Enumerate THREE strategies to prepare a counselling venue for a family session. (3 Marks)

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9. In marriage and family therapy, client evaluation is a critical component of a developmental counselling programme. Suggest FOUR benefits that can be derived from client evaluation. (4 Marks)

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10. Structural Family Therapy is a model designed to help therapists reorganise family interactions to address relational challenges. Formulate FOUR stages of the Structural Family Therapy process. (4 Marks)

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SECTION B (60 MARKS)***Attempt ANY THREE questions in this section***

11. The Upendo family in Nairobi includes Imani (40), her husband Baraka (42), and their children, Tumaini (16) and Wema (13). They have come for counselling after Imani discovered Baraka's infidelity, which led to arguments and the consideration of separation or divorce. Baraka is opposed to separation, while the children are withdrawn and communication within the family has deteriorated.

a) Evaluate FIVE interventions you would propose to support the Upendo family through divorce and separation counselling. (10 Marks)

b) Explain FIVE emotional reactions within the family that might complicate the counselling process. (10 Marks)

12. The Safari family in Kisumu consists of Fanaka (45), Safari (47), and their daughter Lisa (18). They seek counselling due to tension caused by Safari's over-involvement with his parents. He frequently consults his mother on family matters, leaving Fanaka feeling sidelined, and Lisa anxious about leaving for university. You decide to apply Bowenian Family Therapy to address their dynamics.

a) Explain FIVE strategies you would use to develop a treatment plan for the Safari family using Bowenian Family Therapy. (10 Marks)

b) Discuss FIVE barriers that might limit the effectiveness of Bowenian therapy for this family. (10 Marks)

13. Peter, a marriage and family counsellor in Mombasa, has been practising for two years and now seeks supervision to improve his work with blended families. He feels stuck applying Structural Family Therapy, as his clients often resist boundary-setting. One of his cases involves a family experiencing frequent parenting conflicts.

a) Identify FOUR types of parenting styles Peter can incorporate in his psychoeducation session. (4 Marks)

b) State SIX reasons Peter's clients might resist boundary-setting in therapy. (6 Marks)

c) Examine FIVE areas you would focus on as Peter's supervisor to enhance his use of Structural Family Therapy. (10 Marks)

14. According to Communication Family Theory by Virginia Satir, marriages and families often involve dysfunctional communication stances and one functional stance. These are used to hide true feelings from oneself and others. Satir emphasised developing a communications model for family therapy.

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- a) Discuss FOUR dysfunctional stances and ONE functional stance as highlighted by Virginia Satir. (10 Marks)
- b) Examine FIVE strategies Virginia Satir proposed for modelling and coaching family members to communicate more openly and effectively. (10 Marks)

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