



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/12/6/A
Unit of Competency : Provide Family and Marriage Counselling

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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

This paper consists of 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 the questions in this section

1. Define the following terms as used in provide marriage and family counselling.
 - a) Family Therapy (2 Marks)
 - b) Stonewalling (2 Marks)
2. Assessment is a critical aspect in marriage and family counselling. Identify FOUR assessment tools that can be used to measure relationship satisfaction and expectations. (4 Marks)
3. Marriage counselling can help couples in all types of intimate relationships regardless of sexual orientation or marriage status. Outline FOUR reasons that would prompt a couple to seek counselling. (4 Marks)
4. The Satir conjoint family model focuses on the communication patterns, self-esteem, and self-worth of each individual family member. State TWO major assumptions of the Virginia Satir Conjoint family model. (4 Marks)
5. Families are the basic units in any society. Name FOUR major functions of families in the society. (4 Marks)
6. Marriage and family counsellors understand the importance of creating and maintaining clients' documents. Highlight FOUR reasons why documentation is important in provision of marriage and family counselling. (4 Marks)
7. Treatment planning is an ongoing endeavor through-out the counselling process. Outline FOUR factors to consider when creating a treatment plan. (4 Marks)
8. Termination is the concluding phase of counselling therapy. Name FOUR steps involved in termination of marriage and family counselling. (4 Marks)
9. Marriage and family counsellors offer a variety of services in family and marital issues. Outline FOUR such services a qualified counsellor can offer. (4 Marks)

10. Creating a conducive environment is paramount in creating a therapeutic environment during marriage and family therapy. Identify FOUR items that are necessary to have in a marriage and family counselling room. (4 Marks)

SECTION B: (60 Marks)

Answer any THREE questions in this section

11. Imani and Amani who are 48 and 43 years old respectively, have been married for 24 years and live in different counties. Imani lets Amani make all family decisions and control all the family money. Imani has cheated on Amani twice in their marriage and was forgiven. Imani's mother dislikes Amani because she is outspoken, unlike Imani and his siblings who have always agreed with their mother. However, Imani stands up for Amani, creating a rift between him and his mother. Imani's father never has a say in his family. Amani has noticed that Imani has accumulated a lot of female friends and dresses like his 20-year-old son who is in campus. Amani discovers that Imani has been having an affair with a 19-year-old girl. Amani has asked for a divorce.

- a) At what stage of development are Imani and Amani according to Erik Erikson? (2 Marks)
- b) Discuss FOUR major issues that can be brought in for family and marriage counselling in the families represented in the case study above. (8 Marks)
- c) Explain FIVE structural family therapy interventions you can apply to this case study. (10 Marks).

12. Maggie has been practicing marriage and family therapy for 15 years. Since she opened the doors of her consultancy 10 years ago, she has not gone on leave. Sometimes she works very early and goes home very late. She has been feeling a lot of fatigue, moodiness, hypersomnia bouts of crying, overwhelmed, poor concentration and frequent hunger.

- a) Describe FIVE strategies that Maggie can apply to cope with burnout. (10 Marks)
- b) Explain FIVE causes of counsellor burnout. (10 Marks)

13. The professional code of ethics developed by the American Association for Marriage and Family Therapy (AAMFT) governs the practice of marriage and family therapy.

- a) Explain FIVE ethical and legal issues that arise when providing marriage and family counselling. (10 Marks)
- b) Describe FIVE forms of supervision that a marriage and family counsellor ought to adhere to based on the code of ethics. (10 Marks)

14. Marriage and family counsellors refer to psychological theories and apply related therapies to help their clients.

- a) Discuss THREE successful, long-term marriages as postulated by Gottman's theory of marriage. (6 Marks)
- b) Describe FOUR dysfunctional communication stances as postulated by Virginia Satir in her conjoint family therapies. (8 Marks)
- c) Explain THREE challenges a marriage and family therapist can encounter in provision of services. (6 Marks)