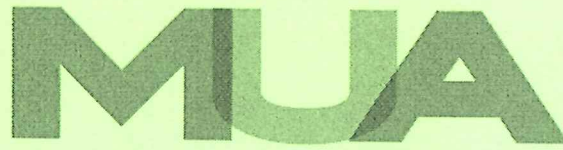


The
Management
University
of Africa



Sponsored by the Kenya Institute of Management

CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
CERTIFICATE IN COMMUNITY HEALTH DEVELOPMENT.

CHD 103 : FOUNDATIONS OF COMMUNITY HEALTH COUNSELLING.

DATE: 3rd APRIL 2023

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the case study below carefully and answer the questions that follows

MARRIAGE AND FAMILY THERAPY

Family therapy, also referred to as couple and family therapy, marriage and family therapy, family systems therapy, and family counseling, is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development. It tends to view change in terms of the systems of interaction between family members. It emphasizes family relationships as an important factor in psychological health.

In the field's early years, many clinicians defined the family in a narrow, traditional manner usually including parents and children. As the field has evolved, the concept of the family is more commonly defined in terms of strongly supportive, long-term roles and relationships between people who may or may not be related by blood or marriage.

Family therapy uses a range of counseling and other techniques including:

Structural therapy which looks at the Identity and Re-Orders the organization of the family system. The Strategic therapy, looks at patterns of interactions between family members, Systemic/Milan therapy, focuses on belief systems, narrative therapy, which deals with restoring of dominant problem. We also have the saturated narrative, which emphasizes on context, separation of the problem from the person and lastly trans-generational therapy - Trans-generational transmission of unhelpful patterns of belief and behavior.

Marriage and Family Counseling and therapy faces certain challenges and these are;

Some members of families can be uncooperative and not willing to participate in therapy thereby affecting the therapy process. Time and availability of some members

of the family participating in the family counseling process. Lack of good will from some of the members of the family.

Sustaining long periods of therapy e.g. six weeks sessions and above, is normally such a long time for some family members to follow through. Availability of the therapist and consistency of the therapeutic process to bring out positive change. Financial implications on the part of the family in undergoing counseling.

Risk of stigma on the individual who reported the problem or who brought in the problem e.g. a case of defilement. Some of the benefits of family therapy includes, a better understanding of healthy boundaries and family patterns and dynamics, it enhances communication, it improves problem solving, deeper empathy, reduced conflict and better anger management skills, bringing the family together after a crisis and creating honesty between family members.

Required

- a) Define family therapy. (2 Marks)
- b) Mention and explain some of the techniques used in family therapy. (10 Marks)
- c) Marriage and Family Counseling and therapy faces certain challenges, explain some of these challenges (10 Marks)
- d) Explain some of the benefits of marriage and family counseling. (8 Marks)

QUESTION TWO

- a. Define the following terms: (2 Marks)
 - i) Counselling.
 - ii) Psychotherapy.
- b. Community counsellors do face certain challenges in the course of their duty execution, critically analyze four cause of burnout. (8 Marks)

QUESTION THREE

- a. Mention five objectives of counselling, in a bid to achieve mental health. (5Marks)
- b. Explain five categories of counsellors (5Marks)

QUESTION FOUR

Compare and contrast the benefits of group counselling to individual counselling. (10 Marks)

QUESTION FIVE

- a. Highlight the roles of a counsellor in a community setting. (5 Marks)
- b. Discuss the ethical principles and standards in counselling. (5Marks)

QUESTION SIX

- a. Mental health counselling requires use of certain critical skills, analyze these skills. (5 Marks)
- b. Disordered thinking is one of the symptoms of abnormal psychology, explain the symptoms. (5 Marks)