

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
SCIENCE IN COMMUNITY DEVELOPMENT**

CDEV 334: FAMILY THERAPY & COUNSELLING 1

STREAMS:

TIME: 2 HOURS

DAY/DATE: THURSDAY 08/07/2021

8.30 A.M – 10.30 A.M

INSTRUCTIONS:

Answer question one and any other two questions

Do not write on the question paper

1. (a) Describe five goals of family therapy and counselling. [10 marks]
(b) Explain the clinical significance of any five developmental stages of the family. [10 marks]
- (c) Discuss with relevant examples any five ways to manage stress resulting from the COVID 19 pandemic among families and communities in Kenya. [10 marks]
2. Recent media reports indicate rising cases of suicides among police officers in Kenya. With reference to any five warning signs discuss how this worrying trend may be halted. [20 marks]
3. Current trends in Kenya indicate a steep rise in violent family and community conflicts. Examine any four strategies that may be applied to manage this situation. Use relevant examples. [20 marks]
4. Kiilu and Gacheri having been married for twenty years and have teenage children, two daughters and one son. The children perform poorly in school, are involved in use of alcohol, and drugs and they are sexually active. Their parents blame each other for this situation. With reference to any five therapy techniques, discuss how you may assist this family to deal with their difficulties. [20 marks]

