

MARRIAGE GUIDANCE AND COUNSELLING MGG201W

Duration: 2 Hours

60 Marks

EXAMINERS:

FIRST : MS A PETTY
SECOND : MS E GRAUMANN

THIS PAPER CONSISTS OF () PAGES
PLUS INSTRUCTION FOR COMPLETION OF A MARK-READING SHEET

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Please note that all questions are compulsory. All sixty questions are to be answered on the mark-reading sheet provided (60 marks)

1. The three elements of the love tripod are: physical attraction, mutual expectations and personal interpretations.
False. The third element is personal intentions not interpretations.
2. In couple counselling there is a strong realisation that intimate relationships should not be generalised.
True. We treat each couple as unique and expect them to have their own communication patterns, needs, values, expectations.
3. Infatuation is a temporary phase that one can pinpoint at the start of all intimate love-filled relationships.
False. Not all couples start with infatuation. Some enter the relationship as friends and with time and exposure to one another the compatibility elements of their relationships become more apparent and they draw closer to one another.
4. Infatuation is a normal phase in the process of romantic relationships.
True. This idea is presented by Muller.
5. Fromm, the philosopher and psychologist, stressed that true love involves, first and foremost, a deep respect for the person who is loved.
True. It is a deep, unselfish caring that is respectful of the one who is loved.

6. Roles in modern relationships are more egalitarian than they used to be.
True. Modern relationships embrace freedom and more equality, although men and women still do not generally enjoy the same status.
7. Horizontal stressors are life stressors that occur as a result of developmental shifts in the family and include unexpected life events.
True. Horizontal stressors may be developmental and idiopathic.
8. When it is reported that the couple display high levels of fusion it means that the couple's relationship is a good and intimate one.
False. Such relationships become stale or claustrophobic very quickly and often result in tension rather than closeness.
9. Object Relations theory has built its foundations on many of the assumptions of strategic systems theory.
False. It has its foundations in Freudian theory.
10. All couple relationships are protected equally by South African Law and therefore customary unions enjoy the same rights as civil marriages.
False. Civil marriages still enjoy greater status than customary ones.
11. The superego is that part of one that struggles against conforming to the moral code of society.
False – per Mrs Petty 11/11/11
12. According to Transactional Analysts the Parent of the inner self can be sub-divided into three styles: nurturing, critical and moral.
False. Transactional Analysts infer that there are two parental styles: nurturing and critical.
13. Hauck(1983) proposed that it is not the person you love, but rather the extent to which that person fulfils or enables one to fulfil ones personal needs.
True. It is not the person one loves, but the way the extent to which a person fulfils ones needs, or allows ones needs to be met. If your needs are not met you will fall out of love with that person.
14. People change and their needs change and this threatens relationships because partners fail to adapt their responses to one another.
True. The changes in partners are often not synchronised.

15. "Reaction formation" is the term used to refer to a person's inability to abstain from engaging in forbidden desires and ending up giving intellectual reasons for this behaviour.
False. Reaction formation refers to a person developing a reactive response giving the impression that he or she experiences a completely different desire.
16. A shared objective of the Western therapist and African shaman is to assist the client to a point of catharsis and confession with the purpose of relieving his or her psychological tension
True. They hope to relieve guilt and anxiety and restore the broken harmony.
17. If you truly love someone you should automatically know what he or she needs or wants from the relationship.
False. We will never automatically know what our partners want and need. These have to be explicitly expressed.
18. "What?" or "Who caused the problem?" are questions that are central to the circular questioning style used in counselling to deepen the couple's understanding of the dynamics of their relationship.
False. Circular questions are more concerned with the circular causality of the couple's problem situation.
19. Only people who are in formal marital relationships receive marriage guidance.
False. Couples receive pre marital counselling, which is one form of marital guidance.
20. The family life cycle transitions are known to be predictable and universal.
False. They need to be individualised for each family.

Fill in the missing words/phrases

21. Western therapeutic methods emphasise the ... of the therapist's personal values.
1. **subjugation**
 2. disclosure
 3. projection
22. When a couple marry according to their cultural practices we call this marriage a ... marriage.
1. civil
 2. **customary**
 3. neither (1) nor (2)

23. Resistance during counselling most likely occurs when partners feel ... for the problem.
1. **blamed**
 2. responsible
 3. neither (1) nor (2)
24. Non defensive listening reduces ...
1. arguments
 2. **the cycle of negativity**
 3. neither (1) nor (2)
25. ... is most characteristic of the Psycho Analytic Approach
1. empathy
 2. confrontation
 3. **transference**
26. Another term for respect central to the person-centred approach is ...
1. conditional positive regard
 2. **acceptance**
 3. both (1) and (2)
27. The Object-Relations Approach presents a notion of ...
1. life scripts
 2. cognitive components of behaviour
 3. **interlocking pathologies**
28. Hauck (1983) presented a pragmatic theory of love which can be classified as ... construction of love
1. an eclectic
 2. **a cognitive behaviourist**
 3. a psycho analytic
29. Gender differences are mostly created by ... factors.
1. psychological and physical
 2. **sociological and physiological**
 3. psychological and sociological
30. The Marital Happiness Scale is a good example of a ...
1. Likert Scale
 2. assessment tool
 3. **both (1) and (2)**

31. "I am upset that you did not pay the electricity bill this month" is a form of... according to Gottman (1998).
1. complaint
2. criticism
3. contempt
32. An expression such as "You stupid jerk!" is an expression of ...
1. complaint
2. criticism
3. contempt
33. In cases of couple conflict ... differences are often a core issue and should be explored.
1. race
2. gender
3. culture
34. The ideals for marriage ought be negotiated according to ...
1. egalitarian principles
2. the couple's individual perceptions
3. neither (1) nor (2)
35. "You are totally irresponsible!" is a form of ... according to Gottman (1998).
1. complaint
2. criticism
3. contempt
36. Psycho Analysis is based on ...
1. a unified theory
2. different theories
3. a developmental theory
37. "How can I ever trust you?" is a form of ...according to Gottman (1998).
1. complaint
2. criticism
3. contempt
38. The observation of a couple's interactional pattern is ...
1. an assessment aid
2. a means of defining the problem
3. a way of appraising the couple's strengths
39. Enactment occurs when the helper ...
1. decentralises his or her participation

2. directs the couple to enact
 3. **both (1) and (2)**
40. A couple who strives to create a happy relationship is most likely to have... boundaries between themselves and their extended families
1. **open**
 2. closed
 3. both (1) and (2)

Select the correct response

41. Cognitive Behavioural therapy is preoccupied with:
1. intra psychic processes
 2. interpersonal interactions with the environment
 3. **both (1) and (2)**
42. The macro-cosmos refers to the point where:
1. coincidences and forces of bad spirits influence a person's destiny
 2. **God and positive spirits and ancestors converge**
 3. man becomes one with the universe
43. When a couple reach the point when they can decide to "agree to disagree" on some issues without judging one another we are likely to assume that they are succeeding in the psychological task of:
1. building togetherness and creating autonomy
 2. **establishing the relationship as a zone of safety**
 3. maintaining a dual vision of each other that combines early idealisation with reality perception
44. The salient characteristic of an integrative couple counsellor is that this kind counsellor:
1. sets out to teach couples how to demonstrate love and approval to each other
 2. sets out to help couples uncover the reasons why they were attracted to one another in the first place
 3. **shifts the focus from the individuals to their relationship with one another**
45. Cognitive-behavioural helpers assess the manner in which thoughts and attitudes:
1. influence behaviour
 2. **trigger and maintain behaviour**
 3. influence rationality
46. The concept of boundaries of a subsystem or system emphasizes the family's:

1. **rules of who participates with members and how**
 2. developmental issues
 3. both (1) and (2)
47. Asking the question, “What brings you here?” is a good way to get the couple to start:
1. **talking about the problem**
 2. setting goals
 3. deciding which problems should be addressed first
48. Complicated and lengthy goals should be avoided because:
1. they tend to demoralise the couple
 2. they fail to partialise change into “do able” steps for the couple
 3. **both (1) and (2)**
49. The amount of “labola” that a young man pays for his bride is usually determined by
1. the prospective bridegroom
 2. the head of the prospective bride’s family
 3. **an agreement between the heads of the bride and bridegroom’s families**
50. Marriage guidance describes counselling that is offered to couples
1. **before and during their marriage**
 2. before and during their marriage and after they divorce
 3. during their marriage only because counselling offered before marriage is termed marital preparation and counselling offered to a couple post marriage is termed divorce counselling.
51. The approach to couple counselling that involves increasing positive reinforcement; learning new skills, such as negotiation, communication and assertiveness; identifying and modifying cognitive errors; working through the couple’s “unfinished business” brought into their relationship from their families of origin is called:
1. a behavioural cognitive approach
 2. **an integrative approach**
 3. an Object relations approach
52. Professional values are relevant because they
1. keep the counsellor’s personal values in check
 2. ensure that the counsellor will render an ethical service
 3. **both (a) and (b)**
53. In-laws may exert influence on the couple which could bring about tension within the couple’s relationship and we would regard this as a
1. vertical stressor

2. horizontal stressor
 3. **system-level stressor**
54. Reversal is a technique a helper uses to help the young person gain more autonomy and support and it involves
1. **getting the young person to deliberately behave contrary to the family's expectations**
 2. getting the young person to reverse roles with family members
 3. neither (1) nor (2)
55. Communication of open expression of feelings is characteristic of couples who have mastered the psychological task as outlined by Wallerstein(1995)
1. building a relationship that is fun and interesting
 2. building togetherness and creating autonomy
 3. **establishing a relationship as a zone of safety and nurturance**
56. The African view of humankind is that we all form an invisible whole with
1. our ancestors
 2. nature
 3. **the cosmos**
57. Cognitive functioning is downplayed when working according to a
1. cognitive behavioural approach
 2. **traditional Afrocentric perspective**
 3. integrative approach
58. The conviction that every person has wisdom that can be used in some way is linked to the value of
1. respect
 2. individuation
 3. **self determination**
59. The family life cycle provides practitioners with a simplistic but broad understanding of the
1. **process that the family moves through in time**
 2. the individual's psychological tasks that each person has to transcend in each of the developmental phases
 3. both (1) and (2)
60. Privacy and independence from families of origin are mostly appreciated by
1. homosexual couples
 2. **couples of Anglo descent**
 3. neither (1) nor (2)

