

MGG201W

January/February 2011

MARRIAGE GUIDANCE AND COUNSELLING MGG201W

Duration: 2 Hours

60 Marks

EXAMINERS:

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SECOND : MS E GRAUMANN

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

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This paper consists of four sections:

Section A- twenty multiple choice questions based on a case study attached to the examination at the end of this examination paper

Section B- ten True or False questions

Section C- ten 'Fill in the missing phrases or words' sentences

Section D- twenty multiple-choice questions

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

Section A: Case Study Multiple Choice Questions

Carefully read the case study presented at the end of this examination paper and answer the following twenty questions around that case. Select the most appropriate answers from the options provided.

1. The stage of the family life cycle as described by Carter and Mc Goldrick (1999) characteristic of the stage of family life that Gina and George are in is ...
 1. realigning the relationship
 2. fusion versus intimacy
 - 3. joining of families through marriage**
 4. launching and empty nest

2. A significant second order change expected of couples in this developmental stage is...
 1. commitment to a new family system
 2. generalisation of the need for intimacy and seeking out the relationship outside the family of origin
 3. **formation of a marital system**
 4. financial independence

3. According to Hauck (1983) the reason that Gina has threatened to leave George is because she ...
 1. does not love George any more
 2. **George has not been fulfilling her needs**
 3. Gina is bored in the relationship
 4. none of the above

4. Hauck (1983) suggests that if Gina and George want to decide whether to work on their relationship or separate then they will need to...
 1. develop explicit rules to ensure that their relationship will be mutually satisfying
 2. make reciprocal efforts to satisfy one another's needs
 3. **take stock of their partner's strengths and weaknesses and weigh these up to see if they can be tolerated without resentment**
 4. all of the above

5. Keech's (1993) tripod theory suggests that couples such as George and Gina experience problems because ... before they marry.
 1. there isn't enough passionate attraction in their relationship
 2. **they fail to clarify their mutual expectations of one another**
 3. their families of origin are too infused
 4. none of the above

6. Karpel in Brown and Brown (2002) states that differences in socialisation of men and women, in the legal, economic status and power awarded to the two genders, childbirth and parenting functions, and sexuality ...
 1. define the roles they are expected to play as partners
 2. influence the development of femininity of women
 3. **marginalises women**
 4. all of the above

7. George and Gina were experiencing problems because men and women view ... differently.
 1. **intimacy**
 2. trust

3. relationships
 4. all of the above
8. An implicit need that Gina as a woman has is a desire for empathy in her relationship whilst George as a man wants to ...
1. **fix the problem**
 2. identify the underlying messages of Gina's complaints
 3. none of the above
 4. all of the above
9. Establishing a strong marital bond to protect the relationship between Gina and George requires both of them to value ...
1. individual and personal independence
 2. solid family relationships
 3. **the "us" over "me" attitude**
 4. all of the above
10. The counsellor facilitates the couple's expression of the good they see in each other by asking the following question ...
1. What is it that you appreciate about your husband/wife?
 2. What was the last thing your husband/wife did that made you feel special?
 3. What do you think your husband/wife needs most from you now?
 4. **all of the above**
11. During the telephonic contact with George one will expect the counsellor to ...
1. offer basic information about the helping process
 2. offer George an opportunity to provide his motivation for making the appointment
 3. remain neutral about the issues that George discusses during the call
 4. **all of the above**
12. By finding out if the couple have made any previous attempts to resolve their problems the counsellor will gain ...
1. a clearer picture of George and Gina's prognosis
 2. insight into the couple's motivation to work on their relationship
 3. insight into the type of interventions appropriate for the couple
 4. **both (2) and (3)**
13. If the counsellor uses the integrative approach during the therapeutic process with Gina and George one expects her to ... during the first phase of the helping process.
1. try to identify the developmental stage they appear to be in

2. establish Gina and George's attitude towards counselling
 3. provide the couple with information about the helping process
 4. **all of the above**
14. Gina's family of origin's outer boundary appears to be...
1. open
 2. **closed**
 3. random
 4. none of the above
15. The type of intervention that Gina and George need is ...
1. marriage enrichment
 2. couple counselling
 3. divorce counselling
 4. **marriage guidance**
16. A structured self-report assessment tool suitable for the counsellor to measure the couple's level of satisfaction in their relationship is the ...
1. Stuart's Couple's Pre Counselling Inventory
 2. Spanier Dyadic Adjustment Scale
 3. Marital Happiness rating Scale
 4. **all of the above**
17. George's way of handling arguments would be described by Gottman (1998) as ...
1. **criticism**
 2. contempt
 3. defensiveness
 4. sullen withdrawal
18. The "horseman of the apocalypse" that Gina resorts to during her negative interactional pattern with George tends to be ...
1. criticism
 2. contempt
 3. defensiveness
 4. **sullen withdrawal**
19. George's acceptance of Gina's right to further pursue her career is indicative of the couple transcending Wallerstein's psychological task of ...
1. consolidating psychological separation and establishing new connections with the family of origin
 2. **building togetherness and creating autonomy**
 3. establishing the relationship as a zone of safety and nurturance
 4. both (2) and (3)

20. At termination George and Gina realised that the conflict that they had experienced was as a result of ...
1. vertical stressors
 2. horizontal stressors
 3. systems level stressors
 4. **both (2) and (3)**

twenty marks

Section B: True or False

Instructions: Indicate whether the statements that follow are true or false.

- **Should the statement be correct mark 1 (True)**
 - **Should the statement be incorrect, mark 2 (False)**
21. Infatuation is a temporary phase that one identifies 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.
22. Hauck(1983) proposed that it is not the person you love, but rather the extent to which that person fulfils or enables you to fulfil your 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.
23. For couples to effectively sort out their problems they need to be fully open with each other, get down to the truth and establish who is right and who is wrong in arguments.
False. Healthy conflict management acknowledges that there are multiple realities in relationships and understanding is far more important than labelling of people as guilty or innocent.
24. 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.
25. Marriage guidance is appropriate for couples at two stages on the relationship counselling continuum.
True. It addresses the premarital phase and the marriage enrichment phases as these phases do not need to deal with couples' major problems.

26. 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.
27. The superego is that part of one that struggles against conforming to the moral code of society.
True. As stated above.
28. The primary function of the marriage counsellor is to help couples to fulfil their marital vows.
False. This is a secular interpretation of marriage counselling. Some relationships are very damaging and a counsellor may even assist a person to remove him or herself from a harmful marriage.
29. Listening is a passive counselling activity.
False. In fact we refer to listening as active listening. The counsellor works very hard whilst the couple speak and his activity can hardly be referred to as passive.
30. "What?" or "Who caused the problem?" are questions that are central to the circular questioning style used 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.

ten marks

Section C: Fill in the missing words or phrases

Read the following ten sentences and select the most accurate words or phrases for insertion into the blank spaces to correctly complete them.

31. Psycho Analysis is based on ...
1. a unified theory
 2. **different theories**
 3. a developmental theory
 4. Freudian theory
32. Major life cycle events are stressful and can lead one to making new discoveries about one's partner that may result in one loving them ...
1. more
 2. less
 3. **both (1) and (2)**
 4. none of the above

33. The integrated approach is ...approach.
1. a couple-centred
 2. an eclectic
 3. a Cognitive Behavioural approach
 4. **all of the above**
34. "Being stuck" in a relationship suggests that the parties involved do not have a ... understanding of their difficulties.
1. **mutual**
 2. clear
 3. operational
 4. neither (1) nor (2)
35. According to Cognitive Behaviourists, goals should be stated in ...
1. positive terms
 2. behavioural replacement descriptions for undesirable behaviours
 3. **both (1) and (2)**
 4. none of the above
36. When a couple marries according to cultural practices we call this marriage a ... marriage.
1. civil
 2. **customary**
 3. legal
 4. neither (1) nor (2)
37. The first level of the counselling process is referred to as ...
1. **making contact with the helper**
 2. clarifying the process and expectations
 3. establishing the reasons for entering the counselling process
 4. assessment
38. "You are totally irresponsible!" is a form of ... according to Gottman (1998).
1. complaint
 2. criticism
 3. **contempt**
 4. insult
39. Questions that make the couple think about how they will manage the reoccurrence of their problems are important because they help the couple to recognise...
1. the reality of relapse
 2. potential road blocks and pitfalls

3. **both (1) and (2)**
 4. none of the above
40. Remaining silent to avoid an argument for a long period of time tends to ... within a relationship
1. **cause resentment**
 2. keep the peace
 3. both (1) and (2)
 4. end in contempt

ten marks

Section D: Multiple Choice Questions

Select the most accurate answers to the following twenty questions from the answers provided.

41. 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
 4. none of the above
42. The meso-cosmos is broad and includes:
1. **ancestors, animals, humans and nature and is responsible for good and bad fortune**
 2. the deeper world of the individual, his thoughts, feelings, actions, cultural allegiance and sense of responsibility to fellow man
 3. God, the cosmic forces, and the power of fate
 4. all of the above
43. During the helping process the counsellor tries to assist the couple to assess the problem by:
1. reviewing the history of the couple relationship
 2. **listening to each person's perception of the problem and constructing a joint or shared definition of the problem**
 3. neither (1) nor (2)
 4. controlling their anger
44. Goal setting involves getting the clients to identify specific:
1. needs that they want to have fulfilled in their relationship
 2. **cognitive, behavioural and emotional changes they expect to happen**
 3. rules for managing conflict

4. neither (1) nor (2)
45. Hauck (1983) proposed that love is like a business partnership because:
 1. it needs management
 2. the costs and benefits of the relationship have to be carefully balanced
 3. **both (1) and (2)**
 4. none of the above
46. 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 must be addressed first
 4. relaxing so that they can talk to the counsellor
47. The person centred approach applied in couple counselling helps the couple to:
 1. develop a shared reality of their situation
 2. move issues from a "my" to an "our" perspective
 3. **both (1) and (2)**
 4. none of the above
48. The therapeutic approach that looks for meaning to the couple's behaviour through an active process of cognitive appraisal is most likely to be:
 1. **the cognitive-behavioural approach**
 2. the strategic approach
 3. the person-centred approach
 4. the integrative approach
49. The emotional acceptance of new members into the family system is most typically associated with the developmental stage of families known as:
 1. families with adolescents
 2. **families with young children**
 3. launching children
 4. the newly married system
50. Professional counselling values are relevant because they:
 1. keep the counsellor's personal values in check
 2. ensure that the counsellor renders ethical service
 3. **both (1) and (2)**
 4. none of the above
51. Human development may be described as:
 - 1 **a progressive process**

2. a recursive process
 3. a repetitive process
 4. academic myth
52. Some couples may experience religion as a:
1. vertical stressor
 2. horizontal stressor
 3. **system-level stressor**
 4. psychological stressor
53. The term used by Carter and McGoldrick (1989) to describe a family pattern of disengagement and distance is:
1. **cut-off**
 2. alienation
 3. both (1) and (2)
 4. estrangement
54. A global trend having a severe impact on families with young children is:
1. the increase in the number of women working outside of the home
 2. HIV and AIDS
 3. **both (1) and (2)**
 4. balancing roles and responsibilities
55. The approach that is so structured and therefore reduces the helper's attention to the emotional issues of couples is most likely to be the:
1. person-centred approach
 2. integrative approach
 3. **cognitive behavioural approach**
 4. psycho analytic approach
56. 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**
 4. congruence
57. Behavioural exchange and reciprocal reinforcement are techniques that are:
1. similar but differ in the degree of structure applied
 2. **basically the same**
 3. quite different
 4. directly opposed

58. Many families in later life struggle with ...
1. renegotiating each individual's satisfaction to create greater couple satisfaction
 2. second order changes in the family's status
 3. **accepting the shifting of generational roles and responsibilities**
 4. realignment of relationships with extended family to include parenting and grandparenting roles
59. Transactional Analysis is grounded in:
1. Systems theory
 2. Psycho Analytic theory
 3. none of the above
 4. **both (1) and (2)**
60. The helper can create an atmosphere of hope by focussing on:
1. the couple's past history
 2. **the couple's early courtship**
 3. the current situation
 4. the couple's wish list

twenty marks

TOTAL MARKS SIXTY

PLEASE READ THE CASE STUDY OVERLEAF IN ORDER TO ANSWER THE QUESTIONS IN SECTION A.

CASE STUDY

Gina and George have been married for three years. George is a computer programmer and works relatively long hours. Gina works two hours a day at the public library. Gina has become very depressed and has told George she thinks she wants a divorce. George is shocked and agrees to participate in marital therapy. He admits that there have been frequent conflicts of late but never considered them as serious. Their arguments are usually predictable. Gina makes a request (to go out, to do something with George, to plan to go on a short trip) and George says that he is too tired to do anything else when he gets home. Gina complains and George calls her names or puts her down ("You're so selfish. You don't do anything all day and you expect me to take care of everything.") Gina is hurt, becomes quiet and withdraws from the situation.

George is the one who makes the appointment to see the counsellor because Gina has threatened to move out to her mother's house. He is very anxious and tries to tell the counsellor over the phone that he never knew that Gina was that unhappy. He states, "Well we have had our fights just like other couples. I just never thought that they were so bad that she would want to leave me. I am shocked. I am not a bad husband. I don't drink or beat her. I provide well for her and we have a beautiful home. I never go out with the boys." He tells the counsellor that he will do anything to prevent her from leaving. A joint appointment is made for both of them to see the counsellor.

In the first session the worker introduces herself to the couple and allows them to explain why George made the appointment. Gina is distant and clearly not interested in committing herself to try to improve the relationship. She shows no interest or engagement in the counselling process. The counsellor collects basic information about their names, address and contact numbers and enquires what previous attempts the couple have made to resolve their problems. The counsellor listens to George and makes a conscious effort to engage Gina. Gina is clearly observing George to see how sincere he is about trying to save his marriage.

It becomes apparent to the counsellor that George does not feel comfortable expressing his thoughts and feelings. He demonstrates his commitment to his wife very practically. He is very serious about his responsibility towards his wife and believes that he must take care of her and provide well for her. He considers her role to be taking responsibility for managing their home. He works extra long hours to make sure that she doesn't have to work. Gina gave up her career as the librarian for a major marketing company in order to please George and her family.

The counsellor asks, "What was your life like before you became involved with one another?" She discovers that the couple were both born to Greek migrants and grew up in a closed Greek community in Gauteng. Their families of origin were Greek Orthodox. It was expected of Gina to marry before she was twenty-five and George was her first

serious boyfriend. Gina's parents were very protective of her and would not allow her to mix with others outside the family. George and Gina started dating during their first year at university and both their families were pleased because they were well acquainted, of the same social standing and equally committed to preserving Greek traditions.

The couple start to relax with the counsellor when she gets them to reflect on the times when they feel positively towards one another. They recall their happy courtship and the fun things they did together behind their parents' backs. Gina starts to be more spontaneous in the session and shares how she was so attracted to George because he was so different to her father in the early part of their marriage. He supported her in her studies and encouraged her to work her way up in the company where she was employed. George breaks down and cries and says, "How did we get from there to here in such a short space of time?" The counsellor reflects that there have been positive moments in their relationship and asks whether the negative ones have outweighed the positive. They realise that they would miss so much about one another in the event of a divorce. By now Gina is engaged in the session and says "It is so hard. When you fighting you seem to loose track of what works and what doesn't in ones relationship. I know I love George but I just can't go on fighting. Where do we begin to fix things up?"

The counsellor enquires whether they would like to consider using a structured self-report scale to assist them to identify the critical areas of their relationship that needs adjustment to enhance their generalised contentment. They complete and discuss the scale. There are many happy areas in their relationship. Their allocation of household responsibilities, attitudes about having children, financial management, sexual relationship and relationships with the in laws are rated by both very highly. The problem areas seem to be social activities and communication, and for Gina in dependence and general happiness. Whilst discussing the scale the counsellor helps Gina and George to become more aware of their interactional patterns. Gina recognises that she needs to help George be more expressive and the counsellor assists her to discover ways for him to share his thoughts and feelings with her more directly. George discovers that he has been so preoccupied with his new responsibilities as a husband and has failed to give attention to the maintenance functions of his relationship with Gina.

Gina realises that she projects much of her unexpressed anger towards her father onto George. She sees that she has a need to pursue her dreams of growing and developing as an individual rather than just being a wife and a mother. George hears her need and accepts that she has to return to her career in order to develop some independence. Her income will benefit them both so that he does not have to work as hard. The added income will enable them to plan a special holiday together each year.

Gina respects George for accepting that they do not have to base their marriage on those of their parents. They agree that they need to develop family values of their own. On reflection they realise that their stress was part of the normal crisis of "becoming a

couple” as opposed to grounds for a divorce. Had they been able to talk about their issues with their parents and had more insight into how stressful it is for a newly married couple to become connected Gina would not have panicked as much.

After three sessions the couple overcome their developmental stress and find a more spontaneous and open way of relating to each other. They share with the counsellor that they are grateful for the opportunity to learn more about relationships and partners as the knowledge and insight gained will reduce the risks of major problems at a later stage.