

Quiz Grade: 80.0% (A)

Quiz Submission

Psychology of Marriage Counseling

Student Name: Alrica Jeneil Bruce-Mowatt
Student ID: UD92640CO101861
Study Program: Counseling Psychology
Quiz ID: 43679c0a-8c04-4a52-9ea8-ed078dcdabb69
Submission Date: July 14, 2026 at 12:29 PM
Total Questions: 10

Course Information

Course Title: Psychology of Marriage Counseling
Course Code: SCPMA 676
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which of the following is NOT a common goal of marriage counseling?

Available Options:

- (A) Improving communication
- (B) Addressing infidelity

(C) Promoting independence ← STUDENT SELECTED ← CORRECT ANSWER

- (D) Resolving conflicts

Student's Answer: Option C: Promoting independence

Correct Answer: Option C: Promoting independence

Question 2 of 10

Text Answer Question

What is the main objective of marriage counseling?

Student's Answer:

Marriage counseling main objective is to help couples improve their relationship, resolve conflicts, and rebuild emotional connections. It provides a neutral space for partners to identify destructive patterns, develop healthier communication skills, and make informed, objective decisions about their future together. While therapy is specific to the couple, core objectives of marriage therapy is to improve communication skills, develop conflict resolution skills, rebuild intimacy and trust which becomes broken down and providing tools that assist couples in navigating the transitions of life.

Correct Answer:

To help couples improve their relationship and overcome challenges.

Question 3 of 10

Multiple Choice Question

Which psychological approach is commonly used in marriage counseling?

Available Options:

(A) Behavioral therapy ← STUDENT SELECTED ← CORRECT ANSWER

(B) Psychoanalysis

(C) Humanistic therapy

(D) Cognitive therapy

Student's Answer: Option A: Behavioral therapy

Correct Answer: Option A: Behavioral therapy

Question 4 of 10

Text Answer Question

What is the role of the marriage counselor?

Student's Answer:

A marriage counselor's role is to provide a structured, non-judgmental space for partners to identify destructive behavioral patterns and develop practical, long-term strategies for a healthier, more fulfilling partnership. They act as an impartial, trained mediator who helps couples navigate relationship challenges, improve communication, and resolve conflicts.

Correct Answer:

To facilitate communication and guide the couple towards resolving conflicts and improving their relationship.

Question 5 of 10

Multiple Choice Question

What is the most common cause of marital problems?

Available Options:

(A) Financial issues

(B) Infidelity

(C) Communication problems ← STUDENT SELECTED ← CORRECT ANSWER

(D) Lack of intimacy

Student's Answer: Option C: Communication problems

Correct Answer: Option C: Communication problems

Question 6 of 10

Text Answer Question

What is the difference between marriage counseling and couples therapy?

Student's Answer:

The difference between marriage counseling and couples therapy, is that marriage counseling focuses on short-term problem-solving for married couples, with communication or financial disagreements for example while couples therapy takes a broader, often longer-term approach, exploring deeper emotional patterns, individual past trauma, or mental health issues for any relationship status.

Correct Answer:

Marriage counseling focuses specifically on the relationship between married couples, while couples therapy can include any romantic relationship.

Question 7 of 10

Multiple Choice Question

Which of the following is a common technique used in marriage counseling?

Available Options:

(A) Role-playing ← STUDENT SELECTED ← CORRECT ANSWER

(B) Hypnosis

(C) Group therapy

(D) Prescription medication

Student's Answer: Option A: Role-playing

Correct Answer: Option A: Role-playing

Question 8 of 10

Text Answer Question

What is the goal of conflict resolution in marriage counseling?

Student's Answer:

The goal of conflict resolution in marriage counseling is to transform destructive arguments into productive conversations. It equips couples to de-escalate tensions, identify underlying emotional needs, and develop healthy communication skills, which involves active listening and compromise. This allows couples to face disagreements as a team rather than as adversaries.

Correct Answer:

To help couples find healthy ways to communicate and resolve disagreements.

Question 9 of 10

Multiple Choice Question

Which of the following is NOT a sign that a couple may benefit from marriage counseling?

Available Options:

(A) Frequent arguments

(B) Lack of trust

(C) Mutual respect and understanding ← STUDENT SELECTED ← CORRECT ANSWER

(D) Loss of intimacy

Student's Answer: Option C: Mutual respect and understanding

Correct Answer: Option C: Mutual respect and understanding

Question 10 of 10

Text Answer Question

What is the role of empathy in marriage counseling?

Student's Answer:

The role of empathy in marriage counseling is to build emotional safety, shift perspectives, manage unsolvable differences and facilitate emotional repair. Empathy acts as the vital bridge that restores emotional safety, de-escalates conflict, and fosters mutual understanding. It shifts couples from a cycle of accusation and defense into a collaborative space where both partners feel heard and validated.

Correct Answer:

To help couples understand each other's perspectives and feelings, in order to improve communication and connection.

This quiz was generated using based on course content.

Generated on July 14, 2026 at 12:29 PM