

No. of Printed Pages : 3

MCFT-004

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)**

Term-End Examination

December, 2023

**MCFT-004 : COUNSELLING AND FAMILY
THERAPY : APPLIED ASPECTS**

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt any **five** questions in about
600 words each. All questions carry equal
marks.*

1. Discuss the role of the self of the therapist with reference to any *four* theoretical approaches. 20

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2. Analyse ethical issues in counselling and therapy. Give examples to support your answer.
20
3. State the importance of communication skills for the counsellor/family therapist. Discuss 'leading' and 'multi-focussed responding' with the help of examples. 20
4. Explain the concept and need for life skills. What strategies would you recommend for enhancing life skills in the Indian context ? Discuss, giving examples. 20
5. What do you understand by reflection ? Explain different types of reflections with the help of examples. 20
6. Discuss various techniques that you, as a counsellor/family therapist, may use to facilitate change. 20

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7. State the assumptions of systems theory. What are the common goals of family therapy ? 20
8. What do you understand by 'family formulation' ? How would you develop a family formulation ? Explain. 20
9. Write short notes, in about **150** words each, on any **four** of the following : 4×5=20
- (a) The labelling trap
 - (b) Unplanned termination
 - (c) Empty chair technique
 - (d) General principles of structuring
 - (e) Referral