

**Master of Science in Counselling and Family Therapy  
(MSCCFT) 2<sup>nd</sup> Year**

**Assignment Booklet**

**ASSIGNMENTS 1-3  
July 2021**

**(These assignments relate to Courses MCFT-006, MCFT-007, and  
MCFTE-001, MCFTE-002 and MCFTE-003)**



**SCHOOL OF CONTINUING EDUCATION  
Academic Block-G, Zakir Hussain Bhawan,  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi -110068**

**Master of Science in Counselling and Family Therapy  
(MSCCFT) 2<sup>nd</sup> Year**

**ASSIGNMENTS: 2021-22**

**Dear Learner,**

You have to do three assignments in all during the second year of MSCCFT. For each theory course, you will have to do one assignment. All the assignments are tutor marked (that is, evaluated by the Academic Counsellor) and each Tutor Marked Assignment (TMA) carries 100 marks for 4-credit theory papers and 50 marks for the 2-credit theory paper. In this assignment booklet, there are five assignments of which two are for the compulsory courses (MCFT-006 and MCFT-007), and three pertain to the elective paper (MCFTE-001/MCFTE-002/MCFTE-003). According to the elective course you have selected, you have to do the third assignment. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA-6) : based on MCFT-006 (Units 1-18)

Assignment 2 (TMA-7) : based on MCFT-007 (Units 1-19)

Assignment 3 [TMA-8(1)] : based on MCFTE-001 (Units 1-8)

or

[TMA-8(2)] : based on MCFTE-002 (Units 1-9)

or

[TMA-8(3)] : based on MCFTE-003 (Units 1-8)

**INSTRUCTIONS**

Before attempting the assignments, please read the following instructions carefully:

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right-hand corner of the first page of your assignment answer sheets.
- 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the top left-hand corner of the first page of your response sheets. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your answer sheets should look like this:

Enrolment No .....
Name .....
Address .....
Signature .....
Date.....
Programme Title .....
Course Code & Title .....
Assignment Code .....
Programme Study Centre/Study Centre .....

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.
- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent, and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize.
- 5) Use only foolscap size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between the answers. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
- 6) ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
- 7) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 8) Write each assignment separately. All the assignments should not be written in continuity. For each Course, use separate sheets or start on the next sheet.
- 9) Write the question number with each answer. All the questions in a particular section should be answered before attempting the next section.
- 10) The completed assignment should be sent to the Coordinator / Programme Incharge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.
- 11) Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you.
- 12) In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
- 13) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the Coordinator/ Programme Incharge of your study centre for correction and transmission of correct score to the Regional Centre & Headquarters.

Before submitting your assignment response, please make sure you have taken care of the following points:

- Your roll number, name and address have been written correctly.
- The title of the course and assignment number have been written clearly.
- Each assignment has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

## SUBMISSION OF ASSIGNMENTS

**Last date of submission for July 2021 Session: 31st March, 2022**

**You need to submit the assignments within the stipulated last date of submission, to be eligible to appear in the term-end examination of the respective courses.** Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination.

The last date of submission for all the assignments is mentioned above, but we advise you to do them one by one along with your study of the particular course and submit them at your study centre, so that you may get back the marks and comments of the counsellor with the evaluated assignment. With proper planning, you will be able to do all the assignments within the stipulated period. Please do not wait for the last date to submit all the assignments.

***WISH YOU ALL THE BEST!***

**Programme Coordinators (PGDCFT & MSCCFT)**

**ASSIGNMENT 1**  
**TMA-6**  
**Applied Social Psychology**

**Course Code: MCFT-006**

**Assignment Code: MCFT-006/TMA-6/ASST-6/2021-22**

**Maximum Marks: 100**

*Note:- (i) Answer all the questions in both sections.*

*(ii) Answers to questions of Section "A" should not exceed 300 words each.*

**Section A - Descriptive Questions**

**(10×6= 60 marks)**

1. "Socialization is a deliberate, conscious process". Discuss this statement with examples. (10)
2. Explain basic factors which help in shaping personality. (10)
3. Give examples to explain the influence of culture on our understanding of self. (10)
4. With examples, describe different forms of conflict. (10)
5. Discuss common misconceptions and stereotypes about sexual identities. (10)
6. How will you describe an effective communicator? (10)

**Section B - Short Answer/Objective Type Questions**

**(40 Marks)**

1. **Write short notes (in 150 words each) on the following:** (5×8= 40 marks)
  - i) Sublimation
  - ii) Interpersonal relationships
  - iii) Social intelligence
  - iv) Anger management tips
  - v) Cohesiveness
  - vi) Bisexual
  - vii) Readiness for marriage
  - viii) Empathic listening

**ASSIGNMENT 2**  
**TMA-7**  
**Counselling and Family Therapy: Applications and Interventions**

**Course Code: MCFT-007**

**Assignment Code: MCFT-007/TMA-7/ASST-7/2021-22**

**Maximum Marks: 100**

*Note:- (i) Answer all the questions in both sections.*

*(ii) Answers to questions of Section "A" should not exceed 300 words each.*

**Section A - Descriptive Questions**

**(10×6= 60 marks)**

1. Is long term counselling/therapy better than short term? Substantiate your answer with examples. (10)
2. Briefly explain play therapy. (10)
3. What are common areas of conflict for young couples in the Indian context? (10)
4. Differentiate between types of stresses. (10)
5. How can the mental health problems in old age be addressed effectively? (10)
6. Discuss analytically the critique of child therapies. (10)

**Section B - Short Answer / Objective Type Questions**

**(40 marks)**

1. **Write short notes (in 150 words each) on the following:** (5×8=40 marks)
  - i) PTSD
  - ii) Sexual harassment
  - iii) Couple conflict
  - iv) Parentified child
  - v) Kubler-Ross' stages

- vi) Crisis counselling
- vii) Disaster risk management
- viii) Vulnerability

**ASSIGNMENT 3**  
**TMA-8(1)**

**Marital and Family Therapy and Counselling**

**Course Code: MCFTE-001**

**Assignment Code: MCFTE-001/TMA-8(1)/ASST-8(1)/2021-22**

**Maximum Marks: 50**

*Note : (i) Answer all the questions in both sections.*

*(ii) Answers to questions of Section "A" should not exceed 300 words each.*

**Section A - Descriptive Questions**

**(10×3=30 marks)**

1. What is the purpose of an interview in the context of family therapy? (10)
2. What is the consequence of not maintaining neutrality? (10)
3. Discuss RISSSC. (10)

**Section B - Short Answer/Objective Type Questions**

1. Write short notes (in 100-150 words each) on the following: (5×4=20 marks)
  - i) Conceptual skills
  - ii) Genogram
  - iii) Sensate focus
  - iv) Anxious attachment



# ASSIGNMENT 3

## TMA-8(2)

### Child and Adolescent Counselling and Family Therapy

Course Code: MCFTE-002

Assignment Code: MCFTE-002/TMA-8(2)/ASST-8(2)/2021-22

Maximum Marks: 50

*Note: (i) Answer all the questions in both sections.*

*(ii) Answers to questions of Section "A" should not exceed 300 words each.*

#### Section A - Descriptive Questions

(10×3=30 marks)

1. Highlight five points which make family a premier social system. (10)
2. Discuss role of internet in child's development. (10)
3. What are the different types of core life skills? (10)

#### Section B - Short Answer/Objective Type Questions

1. Write short notes (in 100-150 words each) on the following:

(5×4= 20 marks)

- i) Cooperative learning
- ii) Body image concerns
- iii) Thinking skills
- iv) Problem solving

# ASSIGNMENT 3

## TMA - 8 (3)

### Substance Abuse Counselling and Family Therapy

**Course Code: MCFTE-003**

**Assignment Code: MCFTE-003/TMA-8(3)/ASST-8(3)/2021-22**

**Maximum Marks: 50**

*Note:- (i) Answer all the questions in both sections.*

*(ii) Answers to questions of Section "A" should not exceed 300 words each.*

### Section A - Descriptive Questions

**(10×3=30 marks)**

1. Explain biopsychosocial issues associated with substance abuse in families. (10)
2. Discuss the family disease model. (10)
3. Discuss MPOWER. (10)

### Section B - Short Answer/Objective Type Questions

1. **Write short notes (in 100-150 words each) on the following:** (5×4=20 marks)
  - i) Enabler
  - ii) Scapegoat
  - iii) Mascot
  - iv) Network therapy