

**Master of Science in Counselling and Family Therapy
(MSCCFT) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy
(PGDCFT)**

**ASSIGNMENTS
for July 2024 Session**

**(These assignments relate to Courses MCFT-001, MCFT-002,
MCFT-003, MCFT-004 and MCFT-005)**



**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) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)
MCFT-001 to MCFT-005**

ASSIGNMENTS: July 2024 Session

Dear Learner,

You have to do five assignments in all to qualify for the first year of MSCCFT or for PGDCFT. 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. In this assignment booklet, there are five assignments and the course-wise distribution of the assignments is as follows:

- Assignment 1 (TMA-1): based on MCFT-001 (Units 1-17)
- Assignment 2 (TMA-2): based on MCFT-002 (Units 1-19)
- Assignment 3 (TMA-3): based on MCFT-003 (Units 1- 18)
- Assignment 4 (TMA-4): based on MCFT-004 (Units 1-18)
- Assignment 5 (TMA-5): based on MCFT-005 (Units 1-22)

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

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 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) 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.
- 5) 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.
- 6) 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.
- 7) 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.
- 8) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 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 assignment 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 enrolment number, name and address have been written correctly.
- The title of 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 the academic session commencing in July 2024, the last date of submission of assignments is 31st March, 2025. Thus, for the students who have taken admission in the programme of study in 2024 (i.e., for the academic session commencing in July 2024), the last date of submission is 31.3.2025.

This date is also applicable to old students who wish to take the examination in June 2025. However, for the old students (of earlier batches) who wish to take the examination in December 2024, the last date of submission of assignments is 30.9.2024.

Please check the dates from the University website (www.ignou.ac.in). Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination. All Tutor Marked Assignments are to be submitted at the study centre assigned to you. **You need to submit the assignments within the stipulated last date of submission notified by the University, to be eligible to appear in the term-end examination of the respective courses.**

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 Academic 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-1

Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2024-25

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

(10x6=60 marks)

1. With the help of examples, differentiate between normative and non-normative influences on human development. (10)
2. Describe, giving examples, any three defense mechanisms. (10)
3. Explain the meaning and significance of genetic counselling. (10)
4. Describe the developmental characteristics of teenagers. (10)
5. Analyse the changing role of the father in the contemporary dual earning family set-up. (10)
6. Discuss, with examples, the challenges faced by contracting families. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

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

- i) Performationism
- ii) 'tabula rasa'
- iii) Self in marriage
- iv) Generativity versus stagnation
- v) Tertiary circular reactions
- vi) Single parent families
- vii) Assimilation
- viii) Gender

ASSIGNMENT 2
TMA-2

Mental Health and Disorders

Course Code: MCFT-002

Assignment Code: MCFT-002/TMA-2/ASST-2/2024-25

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

(10x6=60 marks)

1. Describe the psychiatric disorders associated with skin diseases. (10)
2. Outline, with the help of examples, the impact of early childhood experiences on personality. (10)
3. Describe the risk factors and features of abnormal grief. (10)
4. Giving examples, analyse the differences between neurotic disorders and psychotic disorders. (10)
5. Discuss the environmental causes of substance abuse. (10)
6. Explain the clinical characteristics of somatoform disorder. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

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

- i) Hallucinations
- ii) Eustress
- iii) Emotional intelligence
- iv) Suicidal ideation
- v) Delirium
- vi) Gender identity disorders
- vii) Sensory training
- viii) Obsessional personality

ASSIGNMENT 3
TMA-3

**Counselling and Family Therapy: Basic Concepts and
Theoretical Perspectives**

Course Code: MCFT-003

Assignment Code: MCFT-003/TMA-3/ ASST-3/2024-25

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

(10x6=60 marks)

1. What are the indications for family therapy? Explain with the help of examples. (10)
2. Discuss any two theories of career counselling. (10)
3. State the basic assumptions of transactional analysis. Describe the construal of "ego states" in this framework. (10)
4. Critically evaluate any two types of listening and responding techniques. (10)
5. Explain, giving examples, the basic principles of cognitive therapy. (10)
6. Discuss counsellor-client relationship in supportive counselling. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

1. **Write short notes (in about 150 words each) on the following:**
 - i) Goals of person-centered counselling
 - ii) Family floor plan
 - iii) Therapeutic paradox
 - iv) Congruence
 - v) Unconditional positive regard
 - vi) Characteristics of dysfunctional families
 - vii) Self-assertiveness training
 - viii) Scaling questions

ASSIGNMENT 4
TMA-4

Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/2024-25

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

(10x6=60 marks)

1. Describe any two techniques involving therapist interpretation. (10)
2. Explain in brief active communication skills. (10)
3. Discuss the positive functions of resistance during therapy. (10)
4. Discuss the experiential awareness techniques. (10)
5. Explain the role of a counsellor and family therapist in a situation of grief. (10)
6. Discuss the purposes of play therapy. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

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

- i) Question box
- ii) Gestalt orientation
- iii) Selective attention
- iv) Behavioural contract
- v) Referral
- vi) Positive reinforcement
- vii) Catastrophization
- viii) Insight

ASSIGNMENT 5
TMA- 5

**Counselling and Family Therapy: Research Methods
and Statistics**

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2024-25

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

(10x6=60 marks)

1. Describe characteristics of good research. (10)
2. (i) Differentiate between inductive and deductive reasoning. (5+5)
(ii) Compare research hypothesis and null hypothesis.
3. Explain the empiricist research paradigm. (10)
4. How does research design help the researcher in doing a better research? Explain, giving examples. (10)
5. Describe the basic principles of psychological testing. (10)
6. Discuss advantages and disadvantages of the case study method. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

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

- i) Anecdotal records
- ii) Histogram
- iii) Opinion research
- iv) Split-half reliability
- v) Lottery method
- vi) Norms
- vii) Standard deviation
- viii) Types of research report