

MSCCFT 1<sup>st</sup> Year /  
PGDCFT

**Master of Science in Counselling and Family Therapy  
(MSCCFT) 1<sup>st</sup> Year**

**&**

**Post Graduate Diploma in Counselling and Family Therapy  
(PGDCFT)**

## **Assignment Booklet**

**ASSIGNMENTS 1-5**

**July 2021**

**(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) 1<sup>st</sup> Year  
&  
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)  
ASSIGNMENTS: 2021-22**

Dear Learner,

You have to do five assignments in all to qualify for the first year of MSCCFT/ 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) 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-1

### Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2021-22

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

(10x6=60 marks)

1. Discuss Freud's psychoanalytic theory. (10)
2. Discuss the role of adoptive families in the present times. (10)
3. How do you apply the developmental theory in day-to-day life? (10)
4. Describe roles and responsibilities for families with elementary school children. (10)
5. Analyze family developmental tasks in the adolescent stage. (10)
6. How can one help a person who is facing problems due to ageing? (10)

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

(40 marks)

1. **Write short notes (in about 150 words each) on the following:** (5x 8 = 40 marks)
  - i) Household
  - ii) Stem family
  - iii) Taravad
  - iv) Rewards
  - v) Empty nest syndrome
  - vi) The launching stage
  - vii) Resilient families
  - viii) Generation gap

## ASSIGNMENT 2 TMA-2

### Mental Health and Disorders

**Course Code: MCFT-002**

**Assignment Code: MCFT-002/TMA-2/ASST-2/2021-22**

**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

**(10x6=60 marks)**

1. What are the common cognitive disorders? (10)
2. What are the risk factors that are associated with somatoform disorders? (10)
3. Define disability according to the human rights perspective. (10)
4. With the help of examples, distinguish between disability, impairment and handicap' (10)
5. Describe the common features of normal grief. (10)
6. Analyse the need to study mental health in the present times. (10)

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

(40 marks)

1. Write short notes (**in about 150 words each**) on the following: (5x8=40 marks)
  - i) WHO
  - ii) Phenylketonuria
  - iii) Diabetic Neuropathy
  - iv) Hallucinations
  - v) Empathy
  - vi) Delirium
  - vii) TC
  - viii) Supportive therapy

## **ASSIGNMENT 3**

### **TMA-3**

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

**Course Code: MCFT-003**

**Assignment Code: MCFT-003/TMA-3/ ASST-3/2021-22**

**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**

**(10x6=60 marks)**

1. Discuss key principles for counselling. (10)
2. Outline the purpose of personalising during counselling with the help of examples. (10)
3. Giving examples, explain the statement "Silence is Golden". (10)
4. What are some important assumptions of strategic family therapy? (10)
5. Illustrate the use of Socratic questioning and the downward arrow technique. (10)
6. List use of the listening skills with the help of a case illustration. (10)

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

**(40 marks)**

1. **Write short notes (in about 150 words each) on the following:** (5x8=40 marks)
  - i) Unconditional positive regard
  - ii) Career counselling
  - iii) Self psychology
  - iv) Reflection
  - v) Reframing
  - vi) Psychoeducation
  - vii) Family interviewing
  - viii) Role-plays

**ASSIGNMENT 4**  
**TMA-4**

**Counselling and Family Therapy: Applied Aspects**

**Course Code: MCFT-004**

**Assignment Code: MCFT-004/TMA-4/ASST-4/2021-22**

**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**

**(10x6=60 marks)**

1. Discuss the use of sociodrama in counselling. (10)
2. Analyse the role of life skills in post covid Indian society. (10)
3. List qualities or characteristics of efficient counsellor/ family therapist. (10)
4. Delineate the principles to be followed when using leads. (10)
5. Discuss the steps for termination. (10)
6. With the help of examples, explain countertransference in therapy. (10)

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

**(40 marks)**

1. **Write short notes (in about 150 words each) on the following:** (5x8=40 marks)
  - i) Effective homework tasks
  - ii) Telephone counselling
  - iii) Client-centered therapy
  - iv) Mimesis
  - v) Inappropriate Professional Practice
  - vi) Motivating the family for therapy
  - vii) Family Hypothesis
  - viii) Projection



**ASSIGNMENT 5**  
**TMA- 5**

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

**Course Code: MCFT-005**

**Assignment Code: MCFT-005/TMA-5/ASST-5/2021-22**

**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**

**(10x6=60 marks)**

- 1) Why is it important to conduct research in the field of family therapy? (10)
- 2) Discuss advantages and disadvantages of questionnaire method. (10)
- 3) Explain briefly the features of a good research design. (10)
- 4) What are the common features of different kinds of qualitative studies? (10)
- 5) List the situations when we compute range and average deviation. (10)
- 6) Discuss types of research reports and its need. (10)

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

**(40 Marks)**

1. **Write short notes (in about 150 words each) on the following:** (5×8=40 marks)
  - i) Deductive reasoning
  - ii) Phenomenology
  - iii) Bias Minimization
  - iv) Cross-validation
  - v) Abstract
  - vi) Ogive
  - vii) Data display
  - viii) Variable definition with examples