

**Master of Science in Counselling and Family
Therapy / Post Graduate Diploma in
Counselling and Family Therapy**

Term-End Examination

December, 2013

**MCFT-003 : Counselling and Family Therapy :
Basic Concepts and Theoretical Perspectives**

Time : 3 hours

Maximum Marks : 100

*Note : Answer five questions in all. Question No. 1 is
compulsory.*

1. Explain any four of the following : 5x4=20
 - (a) Types of social skills.
 - (b) Family subsystems
 - (c) Socratic questioning
 - (d) CBM by Meichenbaum
 - (e) Resistance in family therapy.
 - (f) Circular questioning

2. Explain, with the help of examples, any four basic techniques used in marital counselling and family therapy. 20

3. (a) Giving examples, outline the essential counsellor skills, qualities and ethics. 15
(b) Discuss any five do's required under listening and responding techniques of a counsellor/family therapist. 5

4. (a) List and analyse basic principles of cognitive therapy as given by Beak. 10

- (b) As a therapist / counsellor using cognitive therapy, explain with examples how you would use this therapy for intervention. 10
5. (a) Describe the core conditions required for growth in person - centered counselling . Give examples to support your answer. 5
- (b) Discuss the strategies that can be used for providing the core condition in person centered counselling, with examples. 15
6. Highlight, giving examples, the role of restructuring techniques in structured family therapy. 20
7. (a) Define “cognitive distortions”. 2
- (b) Discuss any six common cognitive distortions observable in the Indian society. Give examples to support your answer. 18
8. (a) What do you understand by “family interviewing” ? Explain. 5
- (b) Discuss the special issues that need to be considered while conducting family therapy interview sessions. Give examples to illustrate your answer. 15
9. Write on **any two** of the following : 10x2=20
- (a) Basic steps of crisis management.
- (b) Techniques of supportive counselling.
- (c) Broad areas discussed in any psycho educational programme.
-