

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

Term-End Examination

December, 2012

**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 : **4x5=20**
- (a) Individual counselling
 - (b) Time lines
 - (c) Family sculpting
 - (d) Homework tasks
 - (e) Function of the symptom in systemic family therapy.
 - (f) Downward arrow technique.
2. (a) Differentiate between psychoanalysis and psychodynamic psychotherapy. **10**
- (b) Explain short-term psychodynamic psychotherapy. **10**

3. With help of an illustration, explain cognitive behavioural therapy. 20
4. Discuss different techniques used in marital and family therapy. 20
5. (a) Delineate the role of career counselling for a 12th pass student living in rural setting. 10
 (b) Describe the various techniques used in carrier counselling. 10
6. (a) Discuss the assumptions of person - centred counselling. 10
 (b) What are strategies for providing the core conditions in person-centred counselling ? 10
7. Explain the techniques used in structural family therapy in detail with the help of examples. 20
8. (a) Describe assumptions of strategic family therapy. 10
 (b) Describe stages of strategic family therapy. 10
9. Write short notes on *any two* of the following :
 - (a) Understanding family communication process. 10x2=20
 - (b) Some do's and dont's of counselling.
 - (c) Narrative family therapy.