

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY**

Term-End Examination

December, 2014

**MCFT-004 : COUNSELLING AND FAMILY
THERAPY: APPLIED ASPECTS**

Time : 3 hours

Maximum Marks : 100

Note : Answer *any five* questions. All questions carry *equal marks*.

1. What are the essential skills and qualities that a Counsellor/Family Therapist should possess ? Discuss. 20

2. (a) What do you understand by the term 'self of therapist' ? 5
(b) Giving examples, explain how self of the therapist is an important factor in the development of a therapeutic relationship, from the psychoanalytic perspective. 15

3. "The nature of therapeutic relationship exerts a strong influence on the outcome of therapy". Do you agree with this statement ? Give reasons and examples to substantiate your answer. 20

4. (a) When would you use the empty chair technique, and why ? 10
- (b) Discuss the role played by the physical environment or setting or utilization of space, in therapy. 10
5. (a) Highlight the importance of communication skills for the counsellor, with the help of examples. 10
- (b) In the context of counselling and family therapy, explain the meaning and significance of :
- (i) Multi-focussed responding 5+5=10
- (ii) Immediacy
6. (a) Describe the benefits of mediation. 10
- (b) Explain the functions of a mediator. 10
7. What are life skills ? Analyse the importance of life skills enhancement. 20
8. (a) What do you understand by reflection ? How does reflection help in increasing client involvement ? 10
- (b) Why, using appropriate opening strategies, and rapport formation, important in counselling ? 10
9. Write short notes on **any two** of the following : 20
- (a) Transference
- (b) Reassurance as a technique
- (c) Challenges in Family Therapy