

**Master of Science in Counselling and Family
Therapy**

Term-End Examination

December, 2014

**MCFT-007 : Counselling and Family Therapy
Applications and Interventions**

Time : 3 hours

Maximum Marks : 100

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

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1. Explain **any four** of the following in about 150 words each : **4x5=20**
 - (a) Triangular relationships
 - (b) Developmental task
 - (c) Homeostatis
 - (d) 'Coming Out' process
 - (e) Caregiver burden
 - (f) Crisis counselling
 - (g) Causes of deliberate self-harm

 2. With the help of examples, explain why it is important that counselling and therapy provided in the case of emotional and behavioural problems in children and adolescents, be family based ? **20**

 3. (a) Why do you think child sexual abuse is on the rise in our society ? **10**
(b) What measures as a counsellor/family therapist do you advocate to tackle child sexual abuse at different levels in the society ? **10**

4. (a) Why are early identification and intervention important in the context of a child with a disability? 10
- (b) Discuss the significance of counselling and family therapy in the context of a child/adolescent with disability. 10
5. What is the meaning and significance of parent management training? Analyse the rationale underlying this approach. 20
6. Analyse the common areas of conflict for older couples. Giving examples from present day scenario, explain the complicating factors that the counsellor/family therapist would need to keep in mind during assessment and intervention. 20
7. Discuss, giving examples, the adaptation that the family needs to undergo in the face of chronic illness. 20
8. Analyse the gender biases in mental health problems. Support your answer with examples. 20
9. (a) Outline the common mental health problems of older people. 10
- (b) Discuss the focal areas of caregiver interventions in the context of caring for older people. 10
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