

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

Term-End Examination

December, 2015

**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 in about **150** words each : **4x5=20**
 - (a) Genogram
 - (b) Key principles of counselling
 - (c) Unconditional positive regard
 - (d) Congruence
 - (e) 'Family' in family therapy
 - (f) Confidentiality issues with couples
 - (g) Crisis as both danger and opportunity
2. Explain, giving examples, the following terms : **4x5=20**
 - (a) Neutrality
 - (b) Hypothesization
 - (c) Circularity
 - (d) Paradoxical interventions
3.
 - (a) What are the assumptions of cognitive behavioural family therapy approaches ? **10**
 - (b) Describe the key concepts of cognitive behavioural family therapy. **10**

4. Differentiate between 'skills' and 'social skills'. 20
Discuss the application of social skills therapy for individuals with schizophrenia.
5. What is psycho - education ? What is the most 20
important goal of psycho - education ? Briefly
outline, giving an example, what one needs to
discuss in a typical psycho - educational
programme ?
6. (a) Describe the basic counselling skills 10
necessary for effective counselling.
(b) What are the indications and
contraindications for family therapy ? 5+5=10
7. Explain intergenerational family theory. How is 20
it different from other family theories ?
8. (a) What are defence mechanisms ? 5
(b) Describe any three important defence
mechanisms and their significance in
psychodynamic psychotherapy. Give
suitable examples to support your
answer. 5+5+5=15
9. Write short notes on **any two** of the following :
(a) Core conditions for growth according to
Rogers. 10+10=20
(b) Indian psychotherapy and counselling.
(c) Importance of career counselling in today's
context.
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