

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

Term-End Examination

December, 2015

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

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer *five* questions in *all*.

(ii) Question No. 1 is *compulsory*.

1. Explain **any four** of the following in about **150** words each : **4x5=20**
 - (a) Therapeutic skills
 - (b) Confidentiality
 - (c) Impact of client's disability upon counselling
 - (d) Physical arrangement of counselling room
 - (e) Circularity
 - (f) Reframing
 - (g) Short term goals
2.
 - (a) Explain the important points that should be kept in mind while conducting the intake session. **10**
 - (b) Discuss importance of record keeping by the counsellor. **10**
3. With the help of a case illustration, describe first four sessions of middle phase of family therapy. **20**

4. Discuss the ethical issues involved in counselling and family therapy. Explain the principles of ethics that you would follow. 20
5. "Counsellors should be able to reinvent themselves". Do you agree with this statement ? Give reasons and examples to substantiate your answer. 20
6. (a) Explain the client's experiences of therapy. 10
(b) How would you create a suitable environment for therapy ? 10
7. Explain **any four** of the following : 4x5=20
 - (a) Client induced silence.
 - (b) Non-helpful verbal behaviour.
 - (c) Paraphrase.
 - (d) VAPER.
 - (e) Role play.
8. Discuss the strategies that can be used for restructuring client's self-perception. 20
9. What are the indications for family therapy ? Explain any three techniques that can be used in family therapy. 20
