

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**December, 2015**

**MCFT-007 : COUNSELLING AND FAMILY  
THERAPY APPLICATIONS AND  
INTERVENTIONS**

*Time : 3 hours*

*Maximum Marks : 100*

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

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

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1. Explain any four of the following in about 150 words each : 4x5=20
    - (a) Supportive therapy.
    - (b) Impact of school difficulties on the child.
    - (c) Sex roles.
    - (d) Social pressure to get married among cohabiting couples.
    - (e) Down's syndrome.
    - (f) Leadership is 'stop gap' among substance disorder families.
    - (g) Disaster risk management.
  2. Differentiate between crisis and trauma. Outline the categories of traumatic experience/disaster. Support your answer with examples. 20
  3. Discuss the concept of health and disease from the viewpoints of yoga therapy. Outline the steps of Surya Namaskar. 20

4. With the help of a case illustration, discuss the challenges faced by families depending on who is ill. 20
5. Describe the HIV specific family issues. Support your answer with examples. 20
6. What do you understand by the term "self harm" ? Why are the incidents of self harm increasing in the society ? Discuss with the help of examples from the present day Indian context. 20
7. Discuss the issues you as a counsellor/family therapist would consider while dealing with a client(s) living in non-marital relationships in assessment and intervention. 20
8. With the help of examples, discuss the causes of school difficulties due to psychological factors. Outline how these difficulties may be managed. 20
9. Write short notes on **any two** of the following :  
(a) Developmental tasks of the various family life cycle stages. 10x2=20  
(b) Gender identity and sexual orientation.  
(c) Salience of "joining" in the context of child therapy.  
(d) Counselling need among parents of children with disabilities.
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