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

Term-End Examination

December, 2017

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

Time : 3 hours

Maximum Marks : 100

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- Note : (i) Answer any five questions.
(ii) All questions carry equal marks.*
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1. With the help of examples, discuss how the following factors impact the counselling / family therapy process and outcome : **5x4=20**
 - (a) Client motivation
 - (b) Client anxiety and expectations
 - (c) Attitude of the therapist
 - (d) Conflicting values

2. Discuss how counselling and family therapy may be facilitated by **10x2=20**
 - (a) Using empty chair technique
 - (b) Dealing with client resistance. Give examples to support your answer.

3. What is the significance of leading ? With the help of examples, explain the various leads that counsellors and family therapists tend to effectively use in communicating with the client. **20**

4. In the context of present day youth, why is there a need for life skills ? What methods would you recommend for inculcating life skills ? Explain with the help of examples. 20
5. Describe the benefits of reflection in a therapeutic relationship. With the help of examples, discuss difficulties in reflecting. 20
6. (a) Analyse the salience of termination skills. 5
(b) Discuss the guidelines for terminating an interview. 15
7. Discuss the implications of transference and counter transference for counselling and family therapy. 20
8. (a) What are the assumptions of the initial stage of family therapy ? Outline the primary focus of the initial phase. 10
(b) Describe the common techniques used in the initial phase. 10
9. Write short notes on **any four** of the following : 4x5=20
(a) Active listening
(b) Confidentiality and limits of confidentiality
(c) Summary reflection
(d) Body awareness
(e) SFSR
(f) Mental imagery
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