

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

01972 **Term-End Examination**
December, 2018

**MCFT-003 : COUNSELLING AND FAMILY
THERAPY : BASIC CONCEPTS AND THEORETICAL
PERSPECTIVES**

Time : 3 hours

Maximum Marks : 100

Note :

*Answer any **five** questions.*

All questions carry equal marks.

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1. What are the key factors for success in counselling ? Describe the steps involved in the counselling process. 20
 2. Explain any four types of family therapy perspectives in brief. 20
 3. Discuss any four techniques used in Rational Emotive Behaviour Therapy. 20
 4. What are the major concepts of person-centered counselling ? Explain the core conditions for growth in the counselling process. 20

5. What is supportive counselling ? Explain the key characteristics of a good counsellor with the help of examples. 20
6. Discuss any two techniques used in social skills therapy. 20
7. Describe restructuring techniques used in structural family therapy. 20
8. Explain solution-focused family therapy. Describe any three types of questions used in solution-focused family therapy, with examples. 20
9. Write short notes on any **four** of the following : $4 \times 5 = 20$
- (a) Neutrality
 - (b) Reflexive Questioning
 - (c) Family Schemata
 - (d) Downward Arrow Technique
 - (e) Listening skills
 - (f) Aims of Career Counselling
 - (g) Confidentiality in Counselling