

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY / POST GRADUATE  
DIPLOMA IN COUNSELLING AND FAMILY  
THERAPY (MSCCFT/PGDCFT)**

**Term-End Examination**

**December, 2018**

00492

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :**

*Answer any five questions.*

*All questions carry equal marks.*

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1. Define Self-of-the-Therapist. Explain the role of the self-of-the-therapist from any two theoretical approaches. 20
  2. Why is the therapist-client relationship important ? Discuss the ethical issues related to the therapist-client relationship. 20

3. What do you understand by reflection ? What is its relevance in therapeutic relationship ? With the help of two examples, explain the relevance of therapeutic relationships. 20
4. What are the relaxation methods used to reduce anxiety and stress ? Describe any two relaxation methods with the help of examples. 20
5. What are communication skills ? Describe the importance and use of non-verbal communication skills in counselling and family therapy. 20
6. What are the factors which characterise family and matrimonial disputes ? Discuss. 20
7. What are aspects to be kept in mind by the family therapist/counsellor during the intake session ? 20
8. With the help of a case illustration, explain the termination phase of a therapy in which a couple with sexual dysfunctions had contacted you. 20

9. Write short notes on any *four* of the following : 4×5=20

- (a) Courtship
  - (b) Handling Anxiety in Termination Phase of Family Therapy
  - (c) Types of Conflicts
  - (d) Record Keeping
  - (e) Working Alliance
  - (f) Fidelity
  - (g) Confrontation
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