

No. of Printed Pages : 3

**MCFT-004**

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

**(MSCCFT/PGDCFT)**

**Term-End Examination**

**December, 2020**

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

*Time : 3 Hours*

*Maximum Marks : 100*

---

***Note** : Answer any **five** questions. All questions  
carry equal marks.*

---

---

1. Discuss needs of counsellors. List any **ten** don'ts which you, as a counsellor, need to remember during any intervention. 20
2. Define self of the therapist. How would you use the self of the therapist ? 20

3. Explain any *two* approaches in detail which can be used during a family therapy session. 20
4. What is mediation ? Explain the process of mediation. 20
5. With the help of examples, briefly explain experiential awareness techniques. 20
6. With the help of a case illustration, describe the intervention that you would do in the middle phase of a therapy in which a family is meeting a counsellor/family therapist for their son in primary school who uses abusive language. 20
7. What is counter-transference ? As a counsellor/family therapist, what are the signs that can help you identify counter-transference feelings in yourself ? How would you resolve these feelings ? 20
8. What are the types of termination ? Explain the causes of unplanned termination. 20

[ 3 ]

9. Write short notes (in about 150 words each), on any *four* of the following :  $4 \times 5 = 20$

- (i) Circularity
- (ii) Intake session
- (iii) Empty chain technique
- (iv) Thinking skills
- (v) Opening techniques
- (vi) The Expert trap