

No. of Printed Pages : 4

**MCFT-004**

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

**Term-End Examination**

**Dec., 2021**

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

*Time : 3 Hours*

*Maximum Marks : 100*

---

**Note :** Answer any **five** questions in about **600** words each. All questions carry equal marks.

---

1. A couple married for two years has sought therapy because of their constant fighting.

Prior to marriage they studied in the same college and upon graduation decided to get married. Their parents reluctantly agreed to the match as they were from different religions. He is a Hindu and she is a Catholic. They approach you for therapy. What are your beliefs about inter-religion marriages ? Where do they come from ? How are your personal beliefs likely to affect your work with the couple ? Discuss these issues, and describe the intervention you would make in this case. 20

2. What are ethics in psychological assessment ? Explain. 20

3. Describe any *ten* specific techniques which facilitate counselling and family therapy. 20

**P. T. O.**

[ 3 ]

MCFT-004

4. Explain non-verbal communication skills used during counselling and family therapy. Give examples to support your answer. 20
5. What are the major steps of the termination process ? Explain. 20
6. What do you understand by counter-transference ? How would you as a therapist resolve countertransference feelings ? Discuss. 20
7. What are the aspects that a family therapist or counsellor needs to bear in mind during intake ? Support your answer with case illustration. 20
8. What do you understand by SFRS ? Explain the common techniques used in this. 20

[ 4 ]

MCFT-004

9. Write short notes on any *four* of the following in about **150** words each : 4×5=20
- (i) Family hypothesis
  - (ii) Resistance to change
  - (iii) Short-term goals
  - (iv) Behavioral reflection
  - (v) Empty chair technique

MCFT-004