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## MCFT-003

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

**Term-End Examination**

**December, 2021**

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

*Time : 3 Hours*

*Maximum Marks : 100*

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

1. What is 'Circular Questioning' ? Explain the main types of circular questions. 20

2. Discuss 'do's' and 'don't' to be followed by the counsellor. Give examples to support your answer. 20
3. State the basic assumptions of REBT. Explain A-B-C-D-E-F analysis with the help of a case illustration. 20
4. Discuss characteristics of group leadership. Explain stages in development of a goal. 20
5. Describe the key principles of solution focused family therapy. 20
6. What is the therapist's role in systemic family therapy ? 20
7. Discuss any **five** techniques of supportive counselling. 20
8. Define psychoeducation. How would you carry out psychoeducation in schizophrenia ? 20

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9. Write short notes on any *four* of the following

in about **150** words each :

(a) Enmeshment

(b) Dysfunction pattern

(c) Mimesis

(d) Reframing

(e) Genogram