

No. of Printed Pages : 3

**MCFT-003**

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

**Term-End Examination**

**December, 2022**

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

*Time : 3 Hours*

*Maximum Marks : 100*

---

**Note :** Answer any *five* questions in **600-800** words each. All questions carry equal marks.

---

---

1. What is the importance of career counselling in today's context ? Outline the tools and techniques which are used for assessment in career counselling. 20

**P. T. O.**

2. Discuss intervention in the context of crisis theory. Give examples to support your answer.  

20
3. Describe the therapeutic techniques which are predominantly used in the middle phase of psychodynamic psychotherapy.  

20
4. Explain, giving examples, the concepts of 'strokes' and 'life positions' in transactional analysis.  

20
5. Highlight the key assumptions of strategic family therapy. What is the importance of 'circular questioning' and 'paradoxical interventions' in this therapeutic approach ?  

20
6. If you are a cognitive behavioural family therapist, what would be the aims of your comprehensive clinical assessment of the family ? Describe any *three* cognitive behavioural interventions that you are likely to make.  

20

[ 3 ]

7. Discuss special issues that need to be considered when conducting family therapy sessions. 20
8. What do you understand by 'Supportive Counselling' ? Describe the characteristics of a counsellor/family therapist which facilitate supportive counselling. 20
9. Write short notes (in about **150** words each), on any *four* of the following : 5 each
- (i) Concept of family therapy
  - (ii) Key features of Gestalt therapy
  - (iii) Triangle of person
  - (iv) Questions as interventions
  - (v) Purpose of family interview

**MCFT-003**