

**Master of Science in Counselling and Family
Therapy and Post Graduate Diploma in
Counselling and Family Therapy**

Term-End Examination

June, 2012

**MCFT-003 : Counselling and Family Therapy :
Basic Concepts and Theoretical Perspectives**

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all.

Question No. 1 is compulsory.

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1. Explain *any four* of the following : 4x5=20
- (a) Cognitive restructuring techniques
 - (b) Co-therapy
 - (c) Crisis
 - (d) Modelling
 - (e) Role-playing
 - (f) Unconditional positive regard
2. (a) Explain basic counselling skills. 10
- (b) Differentiate between characteristics of healthy and dysfunctional family. 10
3. (a) Explain meaning of groups. 5
- (b) Discuss various types of counselling groups. 5
- (c) Discuss skills of a group leader. 10

4. Describe transactional analysis in detail. 20
5. (a) Discuss principles of solution focussed family therapy. 10
- (b) As a counsellor / family therapist using solution focussed family therapy, what types of questions would you use ? 10
6. (a) Describe key features of systemic family therapy. 10
- (b) How would you recognise success and failure of systemic family therapy ? 10
7. With the help of an example, explain the implications of cognitive behavioural family therapy. 20
8. Explain psychodynamic counselling. Give example to support your answer. 20
9. Write short notes on *any two* of the following :
- (a) Common defence mechanisms 10x2=20
- (b) Basic principles of cognitive therapy
- (c) Family mapping
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