

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

Term-End Examination

June, 2012

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

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all. Question No.1 is compulsory.

1. Explain *any four* of the following : 4x5=20
 - (a) The expert trap
 - (b) Confidentiality
 - (c) Empty chair technique
 - (d) Passive listening
 - (e) Implied reflection
 - (f) Reframing

2. Discuss in detail the goals of therapy at middle phase and the challenges faced by the family therapist. 20

3. Describe the aspects that need to be kept in mind by the family therapist or counsellor during intake. 20

4. Discuss any two difficult situations which require counsellor's /family therapist's intervention. Explain the role of counsellor/family therapist in each of the two situations. 10+10=20

5. Describe various strategies used for managing physical and emotional distress among clients. 20
6. (a) What do you understand by the term " life skills"? 5
(b) Explain, in detail and giving examples, the various components of life skills education. 15
7. (a) Outline various methods of dealing with conflicts. 10
(b) Describe functions of a mediator in mediation of family disputes. 10
8. Discuss *any two* of the following : 10+10=20
(a) Play therapy
(b) Psychodrama
(c) Sociodrama
9. Write short notes on *any four* of the following : 4x5=20
(a) Client motivation in therapy
(b) SOLER
(c) Ethics in family therapy
(d) Concept of therapist client relationship
(e) Concerns for beginner counsellor/family therapist.
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