

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY AND
POST GRADUATE DIPLOMA IN COUNSELLING
AND FAMILY THERAPY**

Term-End Examination

June, 2014

**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.

1. Explain *any four* of the following : 4x5=20

- (a) Role playing
- (b) Aims of supportive counselling
- (c) Stages of strategic family therapy
- (d) Exception questions
- (e) Characteristics of a culturally effective group counsellor
- (f) Techniques in career counselling
- (g) Circular questioning

2. (a) Describe tools used for assessment in family therapy. Give examples. **10**
- (b) Explain crisis family theory.
3. (a) Discuss the factors that influence career decisions. **5+5=10**
- (b) Describe any two theories of career counselling.
4. (a) What is your understanding of social skills and their relevance? **10**
- (b) Discuss modelling as a technique for social skills therapy. Support your answer with examples.
5. With the help of a case illustration, explain phases of psycho-dynamic psychotherapy. **20**
6. Discuss what are core conditions that are used as strategies in person-centred counselling. **20**
7. Explain the clinical assessment and interventions in cognitive behavioural family therapy. **20**
8. Discuss key features of systemic family therapy. **20**
What are the concepts that help a systemic family therapist to understand family communication process?

9. Write short notes on *any two* of the 10x2=20 following :

- (a) Cognitive distortions
- (b) Stages of strategic family therapy
- (c) Indian psychotherapy
- (d) Social skills therapy for individuals with ADHD

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