

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

**Term-End Examination  
June, 2014**

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

*Time : 3 hours*

*Maximum Marks : 100*

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*Note : Answer any five questions.  
All questions carry equal marks.*

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1. With the help of examples, discuss the common 'issues' and concerns for beginner of Counsellors & Family Therapists. 20
  
2. i) What do you understand by the term 'self of therapist'? 5
  
- ii) Giving examples, explain how self of the therapist is an important factor in the development of a therapeutic relationship, from the Bowenian perspective. 15

3. Describe the essential aspects and elements of a successful therapeutic alliance from any theoretical perspective that you agree with. Substantiate your answer with reasons and examples. **20**
4. i) Discuss the significance and uses of play therapy. **15**
- ii) When would you use a miracle question, and why? **5**
5. i) Explain the meaning and significance of "leading" in the context of counselling and family therapy. **10**
- ii) Describe with examples, the various types of leads that are commonly used in communicating with the client. **10**
6. i) Explain the concept of mediation. **5**
- ii) Describe any two contexts for family mediation. **5**
- iii) Outline the process of mediation. **10**

7. What are life skills? Describe life skills education in the Indian context 20
8. Explain different types of reflections with the help of examples. 20
9. Write short notes on *any two* of the following : 20
- i) Ethical issues in therapist client relationship
  - ii) Relaxation technique
  - iii) Indicators for planned termination.

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