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**Master of Science in Counselling and Family
Therapy / Post Graduate Diploma in
Counselling and Family Therapy
Term-End Examination
June, 2017**

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

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer any five questions.

(ii) All questions carry equal marks.

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| 1. | (a) | Explain the concept and significance of family therapy. | 10 |
| | (b) | State the salient features of family systems perspective. | 10 |
| 2. | | Discuss the principles and focal areas of Brief Strategic Family Therapy. | 20 |
| 3. | | Describe any five basic techniques in marital and family therapy. | 20 |
| 4. | | What is career counselling ? Critically analyse any two theories of career counselling. | 20 |
| 5. | (a) | Discuss the basic assumptions of Rational Emotive Behaviour Therapy. | 10 |
| | (b) | Describe any five techniques that are used in REBT. | 10 |

6. (a) Outline the important features of systemic family therapy. 10
(b) Analyse the salience of hypothesizing, circularity and neutrality for therapy. 10
7. (a) Enumerate the key principles of crisis intervention work. 10
(b) State the basic steps of crisis management. 10
8. What is meant by supportive counselling ? 20
Enumerate the techniques of supportive counselling.
9. Write short notes on **any four** of the following : 5x4=20
(a) Strokes
(b) Boundaries
(c) Ethical issues in working with children
(d) Role playing
(e) Homeostasis
(f) Group counselling
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