

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

Term-End Examination

June, 2017

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

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer any five questions.

(ii) All questions carry equal marks.

1. Explain any ten qualities which, according to you, are essential for being an effective counsellor and family therapist. 20
2. "Therapeutic relationship is likely to have an impact on the therapy outcome." Explain this statement with reference to any two modalities of psychotherapy. 20
3. Discuss how counselling and family therapy may be facilitated by : 20
 - (a) Effective homework tasks
 - (b) Play therapyGive examples to support your answer.
4. Analyse, giving examples, the salience of listening skills in a counselling or family therapy context. 20

5. (a) What do you understand by mediation ? Describe any two contexts for family mediation. 10
- (b) With the help of an example or family mediation context, explain the steps in the process of mediation. 10
6. (a) What do you understand by reflection ? Why is reflection important in a therapeutic relationship ? 10
- (b) Giving examples, explain the use of affective, cognitive and behavioural reflections in therapeutic contexts. 10
7. (a) Why are appropriate opening strategies and rapport formation important in counselling ? Explain with the help of examples. 10
- (b) Enumerate the cautions to be exercised when using reassurances and suggestions. 10
8. Define resistance. Discuss the major types of resistance and how the same may be managed by the therapist. 20
9. Write short notes on any four of the following : 4x5=20
- (a) Genogram
- (b) Paraphrasing
- (c) Guidelines for using silence
- (d) Therapeutic metaphors
- (e) Progressive Relaxation Training
- (f) Therapist neutrality
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