

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

Term-End Examination

June, 2018

**MCFT-003 : COUNSELLING AND FAMILY
THERAPY : BASIC CONCEPTS AND
THEORETICAL PERSPECTIVES**

Time : 3 hours

Maximum Marks : 100

*Note : (i) Answer five questions in all.
(ii) All questions carry equal marks.*

1. "I am OK - You are not OK". From which theory is this statement taken ? Discuss that theory in brief and give any two concepts of this theory. 20
2. Explain the basic principles of Cognitive Therapy. Describe the use of homework in this therapy with example. 20
3. Differentiate between individual and family counselling. What are the key principles for counselling ? With help of suitable example(s) explain when does a client(s) seek counselling. 20
4. Explain any four of the following techniques as used in family therapy process : 4x5=20
 - (a) Genogram
 - (b) Tracking
 - (c) Joining

- (d) Reframing
 - (e) The family floor plan
 - (f) Family sculpting
5. With help of a case illustration, explain when structural family therapy can be used. 20
6. Explain any four key concepts of cognitive behavioural family therapy. 20
7. List down myths about persons in a crisis state. What intervention strategies are used in crisis intervention ? 20
8. What is psychoeducation ? List the common areas that can be addressed by psychoeducation. With help of example, explain the psychoeducation process for any mental disorder. 20
9. Write short notes on any four of the following : 5x4=20
- (a) Role playing
 - (b) Modelling
 - (c) Effective listening
 - (d) Any two common defense mechanisms
 - (e) Coping questions
 - (f) Circular questioning
 - (g) Experiential therapy
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