

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

Term-End Examination

June, 2018

**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. Discuss the importance of ethics in history taking. Describe principles of ethics. 20
2. With help of examples, explain the formation and maintenance of therapeutic relationships. 20
3. What are the factors that impact counselling and family therapy ? Discuss in detail. 20
4. What is the importance of communication skills in counselling and family therapy ? Explain a few leads used in verbal communication. 20
5. Discuss reassurances as used in relationship building strategies. 20
6. What is resistance in a therapeutic session ? Explain any five types of resistance. 20

7. With the help of a case illustration, describe middle phase of a therapy in which a family is meeting a counsellor/family therapist for their adolescent not getting good grades. 20
8. What do you understand by the terms referral and intake ? Describe the important issues involved in intake session. 20
9. Write short notes on **any four** of the following : **4x5=20**
- (a) Family hypothesis
 - (b) Therapist neutrality
 - (c) The miracle question
 - (d) Telephone counselling
 - (e) Body awareness
 - (f) Transference
 - (g) Family photos
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