

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

**Term-End Examination, 2019**

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

**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. Distinguish between counselling and psychotherapy.  
Discuss the basic counselling skills and state their  
purpose. [20]
2. Describe the salient features of family systems  
perspective and compare with structural family therapy.  
[20]
3. Discuss the significance and basic principles of cognitive  
therapy. [20]

4. "Person-centered counselling aims to address the incongruence that the individual develops". With the help of examples, explain why it is important to address incongruence. Discuss the major concepts of person-centered counselling. [20]
5. Explain the restructuring techniques used in structural family therapy. [20]
6. List any four indications of success and four indications of failure of family therapy. Describe therapist factors and family factors that may contribute to success or failure of therapy. [2]
7. Define "Psychoeducation" and state its goals. Discuss the significance and components of family Psychoeducation. [20]
8. Describe some important social skills and state their relevance. Discuss social skill therapy for children with ADHD. [20]

9. Write short notes on **any four** of the following : [5×4=20]

- (i) Importance of career counselling
- (ii) Triangle of conflict
- (iii) PTSD
- (iv) Limitations of supportive counselling
- (v) Multigenerational family therapy

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