

No. of Printed Pages : 2

MCFT-003

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

Term-End Examination-2020

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

Time : 3 Hours]

[Maximum Marks : 100

Note: Answer any five questions. All questions carry equal marks.

1. Explain the concept of counselling and its key principles. Describe any one model of counselling. 20
2. With the help of a case illustration, explain marital problems in the couple reflected in the child's pathology. 20
3. What is family interviewing? Briefly describe the guidelines that you, as a family therapist, would keep in mind while conducting a therapeutic interview.

4. What are social skills? Discuss social skills therapy for children with ADHD. 20
5. State the basic assumptions of structural family therapy. Give examples to support your answer. 20
6. With the help of examples, briefly discuss therapeutic processes in solution focussed family therapy. 20
7. Explain the importance of the termination phase in psychodynamic psychotherapy. Describe any one model of short-term psychodynamic psychotherapy. 20
8. Describe the core conditions for providing person-centered counselling. State the limitations of person centered counselling. 20
9. Write short notes in about 150 words each on any four of the following: 5×4=20
 - (i) Congruence
 - (ii) Group psychotherapy
 - (iii) Intake
 - (iv) Coping questions
 - (v) Situational crisis
 - (vi) Aims of career counselling
 - (vii) Contraindications to family therapy