

No. of Printed Pages : 3

MCFT-004

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)**

Term-End Examination

June, 2020

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

Time : 3 Hours

Maximum Marks : 100

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

1. Discuss any *five* common therapist traps with examples. 20
2. Analyse the role of therapeutic relationship in any *two* types of psychotherapy. 20

P. T. O.

3. Describe, how you will arrange the therapy room for (i) individual session and (ii) family therapy session. State the importance of record keeping in therapy. 20
4. What do you understand by the term "Conflict Resolution" ? Explain the ways of dealing with conflict at workplace. 20
5. With the help of examples, discuss difficulties that a counsellor can face during reflection. 20
6. List the relaxation methods used to reduce anxiety and stress. Explain any *two* relaxation methods in detail. 20
7. With the help of a case illustration, describe initial phase of a therapy in which a family is meeting the counsellor/family therapist for marital disputes among the childless couple. 20
8. What are the tasks of the middle phase of therapy ? Explain the types of goals for middle phase. Give examples to support your answer.

9. Write short notes, in about 150 words each, on any *four* of the following : 5 each

- (i) Termination anxiety
- (ii) Neutrality
- (iii) Counsellor induced silence
- (iv) Play therapy
- (v) Imagery
- (vi) Unconditional positive regard