

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY**

**Term-End Examination**

**MCFT-007 : COUNSELLING AND FAMILY  
THERAPY APPLICATIONS AND  
INTERVENTIONS**

*Time : 3 Hours*

*[Maximum Marks : 100*

---

**Note:** Answer any five questions

All questions carry equal marks

---

1. Discuss this salience of "joining" in the context of child therapy. With the help of examples, discuss the do's and don'ts in counselling and family therapy involving a child. 20
2. Suppose a child, identified as very aggressive, has been brought to you for therapy. As a counselor and family therapist, describe the treatment you would follow for managing aggression in the child. 20
3. What are common areas of conflict for young couples in the Indian context? Differentiate it from marital conflict in older couples. Give examples. 20



4. Describe issues in assessment of same-sex relationships. 20
5. Explain the family systems - illness model. 20
6. Discuss essential skills required to counsel families dealing with HIV/AIDS. 20
7. Discuss gender biases regarding mental health. Explain - socio psychological perspectives on gender differences in mental health. 20
8. Explain the concept of health and disease according to panchakosha theory. Describe two techniques of integrated approach of yoga therapy. 20
9. Write short notes in about 150 words each on any four of the following: 5x4=20
  - a. Effect of abuse on children
  - b. Elements of disaster counselling
  - c. Pink elephant in the room
  - d. Problems faced by persons recovering from substance abuse
  - e. Sex roles
  - f. Matrilineal family
  - g. Informed consent