

No. of Printed Pages : 3

MCFT-003

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

Term-End Examination

June, 2023

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

Time : 3 Hours

Maximum Marks : 100

Note : *Answer any **five** questions in about
600 words each. All questions carry equal
marks.*

1. Discuss the humanistic approach to therapy. 20

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2. State the aims of career counselling. Critically analyse any *two* theories of career counselling. 20
3. Discuss, giving examples, the strategies adopted in person-centered counselling. 20
4. Explain the basic assumptions in Transactional Analysis. What is the significance of 'strokes' and 'life positions' ? 20
5. Discuss, giving examples, the techniques used in solution focussed family therapy. 20
6. What are the cognitive interventions that you are likely to use with a family that has a member suffering from depression ? 20
7. What do you understand by supportive counselling ? Explain the essential characteristics of the counsellor, and the importance of client-counsellor relationship, in supportive counselling. 20

[3]

8. Discuss, with the help of an example, the basic tenets of a psychoeducational programme. 20
9. Write short notes, in about **150** words each, on any *four* of the following : 4×5=20
- (a) Concept of counselling
 - (b) Circular questioning
 - (c) Self awareness
 - (d) Homeostasis
 - (e) Family interviewing