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MCFT-004

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

Term-End Examination

June, 2023

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

Time : 3 Hours

Maximum Marks : 100

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

1. Giving examples, discuss issues and concerns of beginning counsellors and family therapists. 20

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2. Analyse the factors that affect the formation and maintenance of therapeutic relationship. Give examples to support your answer. 20
3. Why is conflict resolution important ? Discuss, with the help of examples, the various ways of dealing with conflicts. 20
4. Analyse the common causes of family matrimonial disputes. Explain the concept of mediation. 20
5. What do you understand by reflection ? What are the difficulties that a counsellor/family therapist can face during reflection ? State with the help of examples. 20
6. Discuss the concept and functions of resistance as well as techniques for dealing with it in therapy. Give examples to support your answer. 20
7. Describe the process of intake. What are the important things that a counsellor/family therapist needs to keep in mind when conducting intake ? 20

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8. Explain the goals of middle phase of therapy. Outline techniques that you would use with a client to bring about a change in maladaptive emotions. 20
9. Write short notes, in about **150** words each, on any *four* of the following : 4×5=20
- (i) Self of the therapist
 - (ii) Ethics in the context of culture
 - (iii) Importance of record keeping in therapy
 - (iv) Dangers of inadequate structuring
 - (v) Structural family system rating scale