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MCFT-003

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

Term-End Examination

June, 2024

**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. Explain intergenerational theory. Discuss the basic terms and concepts related to intergenerational theory. 20
2. (a) How do you detect resistance in family therapy? 10
(b) Discuss ethical issues in family therapy. 10

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3. What are the origins of crisis ? State the difference between formal and natural crisis management. Discuss the necessary skills for a helper working in the area of crisis. 20
4. Describe therapeutic interview. Discuss the guidelines for the therapeutic interview. 20
5. What is structural family therapy ? Discuss any three key concepts in structural family therapy.
6. What are the main principles of solution focused family therapy ? List the types of questions usually asked in solution focused family therapy. 20
7. Describe the therapeutic techniques used predominantly in the middle phase of psychodynamic psychotherapy. Support your answer with example. 20
8. What are the basic assumptions of Rogers' person-centered counselling ? Discuss. 20
9. Write short notes on **any two** of the following :
10 + 10
 - (a) Characteristics of group leader
 - (b) Neutrality
 - (c) Family psychoeducation
