

01515

**Master of Science in Counselling and Family
Therapy / Post Graduate Diploma in
Counselling and Family Therapy
Term-End Examination
June, 2015**

**MCFT-003 : Counselling and Family Therapy :
Basic Concepts and Theoretical Perspectives**

Time : 3 hours

Maximum Marks : 100

*Note : Answer five questions in all. Question No. 1 is
compulsory.*

1. Explain **any four** of the following in about
150 words each : 4x5=20
 - (a) Key factors for success in counselling
 - (b) Aims of career counselling
 - (c) Assumptions of psychodynamic approaches
 - (d) Functions and roles of the cognitive
behaviour therapist
 - (e) Common features of crisis
 - (f) Socratic questioning
 - (g) Definition of a 'problem' in systematic family
therapy.

2. What is structural family therapy ? Discuss the 20
key concepts in structural family therapy.

3. (a) What are the main principles of solution focussed family therapy ? 10
 (b) Explain, with the help of examples, the types of questions usually asked in solution focussed family therapy. 10
4. (a) Discuss the desirable characteristics of a counsellor applying supportive counselling. 10
 (b) Explain the techniques of supportive counselling. 10
5. (a) Analyse the relevance of social skills. 10
 (b) Describe any two techniques that can be used for social skills therapy. 10
6. Discuss the key concepts of empowerment theory. Critically evaluate the use of empowerment theory with the help of two examples. 20
7. (a) What constitutes a 'family' in family therapy ? 5
 (b) Outline the characteristics of healthy families and dysfunctional families. 5
 (c) List at least five major therapeutic approaches for counselling and for family therapy. 5+5
8. (a) Explain the basic assumptions of transactional analysis. 5
 (b) With reference to transactional analysis, explain the concepts of "personality structure", "strokes" and "life positions". 5+5+5

9. Write short notes on **any two** of the following : **10+10**
- (a) Rational Emotive Behaviour Therapy (REBT) by Ellis.
 - (b) Skills in a group leader.
 - (c) Differentiation between long term psychodynamic psychotherapy and short term psychodynamic psychotherapy.
 - (d) Resistance in family therapy.
-