

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY/POST GRADUATE  
DIPLOMA IN COUNSELLING AND FAMILY  
THERAPY**

**Term-End Examination**

**June, 2015**

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

*Time : 3 hours*

*Maximum Marks : 100*

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*Note : (i) Answer five questions in all.*

*(ii) Question No. 1 is compulsory.*

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1. Explain **any four** of the following in about 150 words each : **4x5=20**
  - (a) Cultural competence skills
  - (b) Principles of ethics
  - (c) Leading techniques
  - (d) Implied reflection
  - (e) Intake session
  - (f) Termination anxiety
  - (g) Therapist's response towards client's life threatening behaviours.
  
2. What do you mean by initial phase ? Discuss the **20**  
common techniques used in the initial phase.  
Explain how would you develop a family  
formulation.

3. With the help of a case illustration, explain how would family therapy proceed in the middle phase. 20
  
4. (a) Explain the common therapist traps. 10  
 (b) List 10 don'ts that should be kept in mind by a beginner therapist. 10
  
5. What is "self of the therapist" ? Discuss how would you use the self of the therapist. Give examples. 20
  
6. Write short notes on **any two** of the following :
  - (a) Empty chair technique 10x2=20
  - (b) Psychodrama
  - (c) Play therapy
  
7. What are the major factors that contribute to family and matrimonial disputes ? List various such disputes. 20
  
8. (a) Outline the principles of selecting intervention strategies by counsellor. 10  
 (b) Discuss body awareness technique. 10
  
9. What do you understand by resistance ? Explain functions of resistance. Discuss the techniques that can be used for handling resistance. 5+5+10=20