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**Master of Science in Counselling and Family
Therapy and Post Graduate Diploma in
Counselling and Family Therapy**

Term-End Examination

December, 2011

**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 : 5x4=20
- (a) Difference between psychotherapy and counselling
 - (b) Family sculpting
 - (c) Core conditions required during person centered counselling
 - (d) Career counselling
 - (e) REBT
 - (f) Definition of a problem in systemic therapy
2. (a) Discuss the basic principles of cognitive therapy. 10
- (b) Differentiate between the three major cognitive behavioural approaches. 10

3. (a) Explain the therapist's role in systemic family therapy. 10
- (b) Discuss how you would identify whether systemic family therapy has been successful or has failed ? 10
4. (a) Explain principles of solution focussed family therapy with suitable examples. 10
- (b) Highlight the salient questions to be considered in solution focussed family therapy. 10
5. (a) Explain the key concepts of transactional analysis. 10
- (b) Discuss the therapeutic procedure adopted in transactional analysis. 10
6. (a) Critically analyse indications and contraindications for psychodynamic psychotherapy. 10
- (b) What are the characteristics that a group counsellor in a multi-cultural context needs to possess ? 10
7. (a) Define crisis. 5
- (b) With the help of a case illustration, explain crisis intervention. 15

8. (a) Discuss how is psycho- education provided for schizophrenia. 10
- (b) Highlight indications of participating in a psychoeducation programme. 10
9. Write on *any two* of the following : 10x2=20
- (a) Key features of family therapy
- (b) Listening and responding techniques in counselling
- (c) Empowerment theory as a family theory.
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