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

Term-End Examination

December, 2011

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

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) Self of the therapist
 - (b) Functions of a mediator
 - (c) Components of life skills
 - (d) Ethics in counselling
 - (e) Relaxation methods
 - (f) Techniques used in the initial phase.

2. (a) State some don'ts to remember for a beginner family therapist. 10
(b) Discuss the common therapist traps which a family therapist should avoid. 10

3. Discuss in detail, giving suitable examples, the role of therapeutic relationship in different approaches of psychotherapy. 20

4. (a) Explain the meaning of referral. Who can refer ? 3+2=5
- (b) Describe the important aspects that need to be considered while doing intake. 15
5. (a) Discuss the process of assessment during initial phase. 10
- (b) Explain the assessment process using a case vignette of an adult patient. 10
6. (a) What do you understand by reflection ? 5
- (b) Critically discuss the use of reflections in therapy, giving examples to substantiate your answer. 15
7. (a) Critically evaluate various structuring techniques. 10
- (b) What do you understand by reassurance in the family therapy context ? 5
- (c) Discuss limitations in using reassurance during a family therapy session. 5
8. With the help of case illustration discuss how you would conduct middle phase of family therapy. 20
9. Describe *any two* of the following : 10x2=20
- (a) Play therapy
- (b) Empty chair technique
- (c) Sociodrama
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