

M.Sc. (CFT) 1st Year/
PGDCFT

**Master of Science in Counselling and Family Therapy
M.Sc. (CFT) 1st Year**

&

**Post Graduate Diploma in Counselling and Family Therapy
(PGDCFT)**

Assignment Booklet

ASSIGNMENTS 1-5

July 2014

(These assignments relate to Courses MCFT-001, 002, 003, 004 and 005)



**SCHOOL OF CONTINUING EDUCATION
Academic Block-G, Zakir Hussain Bhawan,
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110068**

Master of Science in Counselling and Family Therapy
M.Sc. (CFT) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)
ASSIGNMENTS: 2014-15

Dear Learner,

You have to do five assignments in all to qualify for the first year of M.Sc. (CFT) / PGDCFT. For each theory course, you will have to do one assignment. All the assignments are tutor marked (that is, evaluated by the Academic Counsellor) and each Tutor Marked Assignment (TMA) carries 100 marks. In this assignment booklet there are five assignments and the course-wise distribution of assignments is as follows:

Assignment 1 (TMA-1): based on MCFT-001 (Units 1-17)

Assignment 2 (TMA-2): based on MCFT-002 (Units 1-19)

Assignment 3 (TMA-3): based on MCFT-003 (Units 1-18)

Assignment 4 (TMA-4): based on MCFT-004 (Units 1-18)

Assignment 5 (TMA-5): based on MCFT-005 (Units 1-22)

INSTRUCTIONS

Before attempting the assignments please read the following instructions carefully:

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right hand corner of the first page of your response sheet.
- 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the left hand corner of the first page of your response sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet should look like this:

Enrolment No
Name
Address
Signature
Date
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.
- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent, and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize.
- 5) Use only foolscap size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
- 6) ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
- 7) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 8) Write each assignment separately. All the assignments should not be written in continuity. For each Course use separate sheets or start on the next sheet.
- 9) Write the question number with each answer.
- 10) The completed assignment should be sent to the Coordinator / Programme Incharge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.
- 11) After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme Incharge on the prescribed assignment remittance-cum-acknowledgement card.
- 12) In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
- 13) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the Coordinator / Programme Incharge of your study centre for correction and transmission of correct score to headquarters.

A Note of Caution

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for evaluation. Please do not send them to us. These exercises are given to help you in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide.

Before submitting your assignment response, please make sure you have taken care of the following points:

- Your roll number, name and address have been written correctly.
- The title of the course and assignment number have been written clearly.
- Each assignment on each course has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

Now read the guidelines before answering questions.

GUIDELINES FOR TMA

The Tutor Marked Assignments (TMAs) have two parts:

Section A: Descriptive Questions (60 marks)

In this section, you have to answer ten questions (of 6 marks each). Answer each question in about 250-300 words.

Section B: Short Answer/Objective Type Questions (40 marks)

This section contains various types of short answer type and objective type questions.

Make sure that your answer:

- a) is logical and coherent.
- b) has clear connections between sentences and paragraphs.
- c) is written correctly giving adequate consideration to your expression, style and presentation.
- d) does not exceed the number of words indicated in the question.

LAST DATE OF SUBMISSION

For the students who have taken admission in the programme of study in 2014 (i.e., for the academic session commencing in July 2014), the last date of submission is indicated on each assignment.

These dates are also applicable to old students who wish to take the examination in June 2015. However, the old students (of earlier batches) who wish to take the examination in Dec. 2014, the last date of submission of all assignments contained in this booklet is 15.9.2014.

Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination; if the same are earlier than those stated in this assignment booklet.

ASSIGNMENT 1
TMA-1
Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2014-15

For July 2014 admission — Last Date of Submission: 30th November, 2014

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(6×10= 60 marks)

1. Describe various types of migration that takes place in India. (6)
2. Define family. Enumerate how does a family differ from other associations. (6)
3. Enumerate the factors that contribute to initiation of family in your culture. (6)
4. Explain the importance of understanding the family life cycle. (6)
5. With the help of diagrammatic presentation, describe distribution of genes for the trait colour blindness among the offsprings of parents of whom father is colour blind while mother is normal. (6)
6. In brief, discuss activities that would help to promote development among elementary school children. (6)
7. Briefly discuss, giving examples, any three defense mechanisms. (6)
8. Discuss the assumptions of systems family theory. (6)
9. Outline the challenges faced by families with teenagers. (6)
10. Analyse application of Fromm's theory to the treatment of psychopathology. (6)

Section B - Short Answer/Objective Type Questions

(40 Marks)

1. Write short-notes (in about 50 words each) on: (3×10= 30 marks)
 - i) Childless family
 - ii) Marriage in Buddhism
 - iii) *Kashi yatra*

- iv) Empty nest syndrome
- v) Generativity versus Stagnation
- vi) Preverbal gestures of infants
- vii) Matrilineal family
- viii) Genetic counselling
- ix) Physical hazards during pregnancy
- x) Tertiary circular reactions

2. Define the following in 1-2 lines each:

(1×10 = 10 marks)

- i) *Tabula rasa*
- ii) Sensitive period
- iii) The sex cells
- iv) Maternal age for pregnancy
- v) Amniocentesis
- vi) Small for date baby
- vii) Virilocal family
- viii) Gender
- ix) Babbling
- x) Social acceptance

ASSIGNMENT 2
TMA-2
Mental Health and Disorders

Course Code: MCFT-002

Assignment Code: MCFT-002/TMA-2/ASST-2/2014-15

For July 2014 admission — Last Date for Submission: 30th November, 2014

Maximum Marks: 100

- Note:-* (i) Answer all the questions in both sections.
(ii) Answers to questions of Section 'A' should not exceed 300 words each.

Section A - Descriptive Questions

(6×10=60 marks)

1. Define schizophrenia. Describe any two types of schizophrenia. (6)
2. List warning signs for dementia. (6)
3. Explain the psychiatric disorders associated with skin diseases in brief. (6)
4. Describe the role of care givers in chronic illness of a family member. (6)
5. With help of a case vignette, explain how you would identify depression. (6)
6. Describe the clinical characteristics of social anxiety disorder. (6)
7. Explain the environmental causes of substance abuse. (6)
8. Outline the impact of early childhood experiences on personality. (6)
9. Enumerate six myths related to persons with disabilities. (6)
10. What is IQ? Give educational classification of mental retardation. (6)

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Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Hallucinations
 - ii) Eustress
 - iii) Emotional intelligence
 - iv) Mental health
 - v) Childhood blindness
 - vi) NMHP
 - vii) Delirium
 - viii) Psoriasis
 - ix) Obsessional personality
 - x) Daily living skills

2. Define the following in 1-2 lines each: (1×5=5 marks)
 - i) Sadness
 - ii) Reassurance
 - iii) Psychiatric disability
 - iv) Expressed emotion
 - v) Side effect

3. State the full form of the following abbreviations: (1×5=5 marks)
 - i) IDU:
 - ii) HIV:
 - iii) ABC:
 - iv) BPD:
 - v) ECT:

ASSIGNMENT 3
TMA-3
Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

Course Code: MCFT-003

Assignment Code: MCFT-003/TMA-3/ ASST-3/2014-15

For July 2014 admission — Last date for submission: 15th January, 2015

Maximum Marks: 100

Note : (i) Answer all the questions in both sections.

(ii) Answers to questions of Section 'A' should not exceed 300 words each.

Section A - Descriptive Questions

(6×10=60 marks)

1. Delineate characteristics for group leadership. (6)
2. Outline the key factors for success in counselling. (6)
3. Describe a case illustration that involved need for counselling because of pre-marital issues. (6)
4. Analyse issues which indicate the need for integrated approach to family therapy. (6)
5. Describe any two types of listening and responding techniques, giving examples. (6)
6. Explain principles of cognitive therapy. (6)
7. With the help of examples, explain circular questioning. (6)
8. Discuss counsellor-client relationship in supportive counselling. (6)
9. Crisis is both danger and opportunity. Critically discuss this statement. (6)
10. In brief, explain relevance of social skills therapy. (6)

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Psychological-mindedness
 - ii) Goals of person-centered counselling
 - iii) Mimesis
 - iv) Examples of family map
 - v) Self-assertiveness training

- vi) Automatic thoughts
- vii) Congruence
- viii) Unconditional positive regard
- ix) The parent ego state
- x) Characteristics of dysfunctional families

2. Define the following in 1-2 lines each:

(1×10=10 marks)

- i) Communication training
- ii) Reinforcement
- iii) Perception
- iv) Subsystems
- v) Hierarchy
- vi) Parental child
- vii) REBT
- viii) DAT
- ix) Cognitive distortion
- x) Career counselling

ASSIGNMENT 4

TMA-4

Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/2014-15

For July 2014 admission — Last Date of Submission: 15th January, 2015

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(6×10=60 marks)

1. What is SOLER? (6)
2. Describe any two techniques involving therapist interpretation. (6)
3. Discuss the steps for awareness of polarities during therapy. (6)
4. Describe the ways in which a client may disclose abuse to the counsellor. Give suitable examples to support your answer. Be brief. (6)
5. Explain issues in termination. (6)
6. Describe opening techniques in brief. (6)
7. What is countertransference? Discuss in brief the various sources of countertransference. (6)
8. Discuss the positive functions of resistance during therapy. (6)
9. Explain the role of a counsellor in a situation of grief. (6)
10. Discuss the purposes of play therapy. (6)

Section B - Short Answer/Objective Type Questions (40 Marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Question box
 - ii) Gestalt orientation
 - iii) Selective attention
 - iv) Behavioural contract
 - v) Family floor plan
 - vi) Family photos
 - vii) Meaning of referral
 - viii) Positive reinforcement
 - ix) Catastrophization
 - x) Insight
2. Define the following in 1-2 sentences each: (1×10=10 marks)
 - i) Open communication
 - ii) Initial contract
 - iii) Disclosure
 - iv) Rapport

ASSIGNMENT 4

- v) Psychological tests
- vi) Isomorphism
- vii) Empathy
- viii) Pre-litigation counselling
- ix) Hypnosis
- x) Private logic

ASSIGNMENT 5

TMA - 5

Counselling and Family Therapy: Research Methods and Statistics

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2014-15

For July 2014 admission — Last Date of Submission: 15th January, 2015

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A

(6×10=60 marks)

1. Discuss importance of research in counselling and family therapy. (6)
2. Differentiate between inductive and deductive reasoning. (6)
3. Explain the empiricist research paradigm. (6)
4. Enumerate five characteristics of research questions. (6)
5. Compare research hypothesis and null hypothesis. (6)
6. With the help of examples, explain referring for web based documents. (6)
7. Discuss advantages and disadvantages of case study method. (6)
8. Discuss the significance of experimental method in counselling. (6)
9. Explain any one method to make statistical inference regarding correlations using non-parametric data. (6)
10. What is CATI system? Explain in brief. (6)

Section-B : Short Answer/Objective Type Questions (40 Marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
 - i) Anecdotal records
 - ii) Empirical tradition
 - iii) Histogram
 - iv) Opinion research
 - v) Split-half reliability
 - vi) Lottery method
 - vi) Disadvantages of close-ended questions
 - viii) Standard deviation
 - ix) Types of research report
 - x) Review articles
2. Define the following in 2-3 lines each: (2×5=10 marks)
 - i) Usability of a test
 - ii) Purposive sampling
 - iii) Formulae for the Chi Square Test
 - iv) Data reduction
 - v) Web-based documents