

**Master of Science in Counselling and Family Therapy  
M.Sc. (CFT) 2nd Year**

**Assignment Booklet**

**ASSIGNMENTS 1-3**

**July 2015**

**(These assignments relate to Courses MCFT-006, MCFT-007,  
and MCFTE-001/MCFTE-002/MCFTE-003)**



**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) 2nd Year**

**ASSIGNMENTS: 2015-16**

Dear Learner,

You have to do three assignments in all during the second year of M.Sc. (CFT). 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 for 4 credit theory papers and 50 marks for 2 credit theory papers. In this assignment booklet there are five assignments of which 2 are for the compulsory courses (MCFT-006 and MCFT-007), and three pertain to the optional paper (MCFTE-001/MCFTE-002/MCFTE-003). According to the optional paper you have selected, you have to do the third assignment. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA-6) : based on MCFT-006 (Units 1-18)

Assignment 2 (TMA-7) : based on MCFT-007 (Units 1-19)

Assignment 3 [TMA-8(1)] : based on MCFTE-001 (Units 1-8)

or

[TMA-8(2)] : based on MCFTE-002 (Units 1-9)

or

[TMA-8(3)] : based on MCFTE-003 (Units 1-8)

**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 of your study centre for correction and transmission of correct score to the Regional Centre and 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.

**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 Master's Degree Programme in 2014 (i.e., for the academic session commencing in July 2015 for the second year), 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 2016. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2015, the last date of submission of all assignments contained in this booklet is 15.9.2015.

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 is earlier than that stated in this assignment booklet.

**ASSIGNMENT 1**  
**TMA-6**  
**Applied Social Psychology**

**Course Code: MCFT-006**

**Assignment Code: MCFT-006/TMA-6/ASST-6/2015-16**

**Last Date of Submission: 30th December, 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. Describe Indian view on socialisation. (6)
2. Define adjustment. Delineate various characteristics of adjustment. (6)
3. Discuss the basic issues which affect personality. (6)
4. What are the basic motives that underlie prosocial behaviour? (6)
5. With examples, describe aspects of well-being. (6)
6. In brief, describe correlates of self. (6)
7. Briefly discuss Plutchik's wheel of emotions. (6)
8. Discuss the concept of power in intimate relationships. (6)
9. Describe issues associated with separation and divorce. (6)
10. Discuss any two sexually transmitted diseases. (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) Ecological systems theory
  - ii) Career adjustment
  - iii) Karma in Jainism
  - iv) Positive parenting
  - v) Singlehood

- vi) Marital balance
- vii) Gender identity
- viii) Homosexuality
- ix) Types of communication
- x) Conflict resolution

2. Define the following in 1-2 sentences each: (1×10=10 marks)

- i) Social intelligence
- ii) Inferiority complex
- iii) Social cognition
- iv) Affect
- v) Menopause
- vi) Sexual individuality
- vii) Consensual
- viii) 'We' adjustment
- ix) Gender neutral
- x) Bisexual

## ASSIGNMENT 2

### TMA-7

#### Counselling and Family Therapy: Applications and Interventions

Course Code: MCFT-007

Assignment Code: MCFT-007/TMA-7/ASST-7/2015-16

Last Date for Submission: 30th December, 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. Describe principles of counselling of children and adolescents. (6)
2. Discuss concerns in therapy for young child. (6)
3. Discuss causes of school difficulties. (6)
4. With the help of examples explain parenting styles. (6)
5. Briefly explain the issues in assessment of non-marital relationships. (6)
6. Enumerate any six facts on ageing. (6)
7. Explain the various types of abuse and harassment. (6)
8. Describe techniques of medical family therapy. (6)
9. Discuss HIV specific family issues in brief. (6)
10. Describe the role of yoga in well-being. (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) Family based intervention for emotional problems
  - ii) Autism
  - iii) Extramarital relationships
  - iv) Challenges faced by a child suffering from chronic illness.
  - v) Essential skills required to counsel a person suffering from HIV/AIDS

- vi) Trauma-focussed cognitive behavioural therapy
- vii) *Pranayama*
- viii) *Pranava Japa*
- ix) Substance disorder families
- x) Impact of trauma on children

2) Define the following in 1-2 sentences each: (1×10=10)

- i) Play therapy
- ii) Visual impairment
- iii) Marital conflict
- iv) Extended family
- v) Gender roles
- vi) Pedophilia
- vii) Alternate sexuality
- viii) Geriatric problems
- ix) Self harm
- x) Traumatic grief



**ASSIGNMENT 3**  
**TMA-8(1)**  
**Marital and Family Therapy and Counselling**

**Course Code: MCFTE-001**  
**Assignment Code: MCFTE-001/TMA-8(1)/ ASST-8(1)/2015-16**  
**Last date for submission: 30th January, 2016**  
**Maximum Marks: 50**

*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**

**(6×5=30 marks)**

1. What are the key factors for family assessment? (6)
2. Discuss the interview methods used for assessment with couples. (6)
3. Describe a case study using marital enrichment techniques. (6)
4. Discuss in brief the sex therapy and its need. (6)
5. List the nine steps of ETF. (6)

**Section B - Short Answer/Objective Type Questions**

1. Write short notes (in about 50 words each) on : (2×10=20 marks)
  - i) Experiential humanistic foundations of EFT
  - ii) Sexual dysfunction
  - iii) Common areas of marital difficulties
  - iv) Marital enrichment
  - v) Active listening
  - vi) Conceptual skills in assessment
  - vii) Need for individual sessions during couple therapy
  - viii) Characteristics of a good self report scale
  - ix) Assessment tools
  - x) Goals of therapy research

**ASSIGNMENT 3**  
**TMA-8(2)**

**Child and Adolescent Counselling and Family Therapy**

**Course Code: MCFTE-002**

**Assignment Code: MCFTE-002/TMA-8(2)/ASST-8(2)/2015-16**

**Last Date of Submission: 30th January, 2016**

**Maximum Marks: 50**

*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**

**(6×5=30 marks)**

1. Discuss the impact of mass media on young minds. (6)
2. Describe the role of assessment of child psychopathology. (6)
3. Discuss the role of life skills. (6)
4. Delineate the need for training parents of children with disabilities. (6)
5. Explain play therapy. (6)

**Section B - Short Answer/Objective Type Questions**

1. Write short notes (in about 50 words each) on: (2×10=20 marks)
  - i) Street Children
  - ii) Children affected by terrorism
  - iii) School as social system
  - iv) Types of intelligence tests
  - v) Thinking skills
  - vi) Benefits of play
  - vii) Models of parent training
  - viii) Evaluation of parent training programme
  - ix) Symptoms of trauma in childhood
  - x) Prevention of child abuse

**ASSIGNMENT 3**  
**TMA - 8(3)**  
**Substance Abuse Counselling and Family Therapy**

**Course Code: MCFTE-003**  
**Assignment Code: MCFTE-003/TMA-8(3)/ASST-8(3)/2015-16**  
**Last Date of Submission: 30th January, 2016**  
**Maximum Marks: 50**

*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**

**(6×5=30 marks)**

1. Explain assessment of substance abuse. (6)
2. Describe motivation enhancement therapy. (6)
3. Explain strategies for tobacco cessation. (6)
4. Outline psychosocial interventions for substance use. (6)
5. What will you suggest to prevent HIV among substance users? (6)

**Section B - Short Answer/Objective Type Questions**

1. Write short notes (in about 50 words each) on: (2×10=20 marks)
  - i) Principles of relapse prevention
  - ii) Impact of negative emotional state in substance use
  - iii) Tobacco dependence
  - iv) 5 As
  - v) 5 Rs
  - vi) Psychosocial rehabilitation
  - vii) Substance abuse as a family problem
  - viii) Substance abuse in prisoners
  - ix) Opioid substitution therapies
  - x) Reasons for injecting drugs