

MSCCFT 2nd Year

**Master of Science in Counselling and Family Therapy
(MSCCFT)
2nd Year**

Assignment Booklet

**ASSIGNMENTS 1-3
July 2022**

**(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 (MSCCFT)

2nd Year

ASSIGNMENTS: 2022-23

Dear Learner,

You have to do three assignments in all during the second year of MSCCFT. 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 the 2-credit theory paper. In this assignment booklet, there are five assignments of which two are for the compulsory courses (MCFT-006 and MCFT-007), and three pertain to the elective paper (MCFTE-001/MCFTE-002/MCFTE-003). According to the elective course 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 assignment answer sheets.
- 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the top left-hand corner of the first page of your response sheets. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your answer sheets should look like this:

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

- 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 the answers. 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. All the questions in a particular section should be answered before attempting the next section.
- 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) Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you.
- 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 the Regional Centre & Headquarters.

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 has been written clearly.
- Each assignment has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

SUBMISSION OF ASSIGNMENTS

Last date of submission for July 2022 Session: 31st March, 2023

You need to submit the assignments within the stipulated last date of submission, to be eligible to appear in the term-end examination of the respective courses.

Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination.

The last date of submission for all the assignments is mentioned above, but we advise you to do them one by one along with your study of the particular course and submit them at your study centre, so that you may get back the marks and comments of the counsellor with the evaluated assignment. With proper planning, you will be able to do all the assignments within the stipulated period. Please do not wait for the last date to submit all the assignments.

WISH YOU ALL THE BEST!

Programme Coordinators (PGDCFT & MSCCFT)

ASSIGNMENT 1
TMA-6
Applied Social Psychology

Course Code: MCFT-006

Assignment Code: MCFT-006/TMA-6/ASST-6/2022-23

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

(10×6= 60 marks)

1. Discuss areas and characteristics of adjustment in the context of a teenager. (10)
2. Does religion influence emotions and well-being in any way? Discuss your answer with examples. (10)
3. With the help of examples, discuss the issue of mutuality of influence in parenting relationship. (10)
4. How are the processes of family cohesion, adaptation, and resilience inter-related? Explain, giving examples. (10)
5. Describe the conflict resolution process. (10)
6. Analyse factors that influence marital harmony. (10)

Section B - Short AnswerType Questions

(40 Marks)

1. **Write short notes (in 150 words each) on the following:** (5×8= 40 marks)
 - i) Goodness of fit
 - ii) Postive self-talk
 - iii) Johari window
 - iv) Work spillover
 - v) Gender roles and sexuality
 - vi) Co-parenting
 - vii) Functions of emotions
 - viii) Visual imagery

ASSIGNMENT 2
TMA-7

Counselling and Family Therapy: Applications and Interventions

Course Code: MCFT-007

Assignment Code: MCFT-007/TMA-7/ASST-7/2022-23

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

(10×6= 60 marks)

1. Giving examples, discuss the do's and don'ts in counselling/therapy involving a child. (10)
2. Outline the important aspects of management of school difficulties. (10)
3. Discuss, giving examples, common areas of marital conflicts in young couples. (10)
4. Describe the primary developmental tasks in families at different stages of the family life cycle. (10)
5. Discuss the challenges faced by a family, where an aged parent suffers from a chronic illness. (10)
6. Explain, giving examples, the causes of deliberate self-harm. (10)

Section B - Short Answer Type Questions

(40 marks)

1. **Write short notes (in about 150 words each) on the following:** (5×8=40 marks)
 - i) Homeostasis
 - ii) Authoritative parenting
 - iii) Internalized homophobia
 - iv) 'Coming out' process
 - v) Significance of motivation enhancement in treatment of Substance Use Disorders
 - vi) Crisis counselling
 - vii) Interaction between biological and social vulnerability
 - viii) Elderly abuse

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)/2022-23

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

(10×3=30 marks)

1. What is the purpose of an interview in the context of family therapy? As a counsellor /family therapist, what basic guidelines will you follow when interviewing a couple? (10)
2. With the help of examples, discuss the importance of conceptual skills for family assessment. (10)
3. Describe, giving examples, common areas of marital enrichment. (10)

Section B - Short Answer Type Questions

- 1. Write short notes (in about 150 words each) on the following: (5×4=20 marks)**

- i) Active listening
- ii) Characteristics of a good self report scale
- iii) Principles of change in EFT
- iv) Precautions in sex therapy

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)/2022-23

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

(10×3=30 marks)

1. Discuss the significance of family as a premier social system. (10)
2. Describe the concepts of 'vulnerability' and 'resilience'. What would be your recommendations with regard to street children? (10)
3. Discuss the meaning and importance of life skills for adolescents. Give examples to support your answer. (10)

Section B - Short Answer Type Questions

1. Write short notes (in about 150 words each) on the following:

(5×4= 20 marks)

- i) Impact of computers/internet on children
- ii) Need for psychological assessment
- iii) Benefits of play therapy
- iv) Factors associated with child neglect

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)/2022-23

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

(10×3=30 marks)

1. Analyse substance abuse as a 'family problem', with reference to any two frameworks. (10)
2. Explain how injecting drug use is related to HIV risks and vulnerabilities. (10)
3. Suppose a young couple, belonging to middle SES, comes to you with the problem that the husband is an alcoholic. Discuss the strategies and techniques you would use, in the context of behavioural marital therapy. (10)

Section B - Short Answer Type Questions

1. **Write short notes (in about 150 words each) on the following: (5×4=20 marks)**
 - i) Substance abuse in women
 - ii) Treatment resistance
 - iii) Principles of RPT
 - iv) Concept of psychosocial rehabilitation