

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

2nd Year

Assignment Booklet

ASSIGNMENTS 1-3

July 2024

**(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: July 2024 Session

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 course. 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 course (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 assignment 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 enrolment 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 the academic session commencing in July 2024 for MSCCFT second year, the last date of submission is 31st March, 2025.

This date is also applicable to old students who wish to take the examination in June 2025. However, the old students (of earlier batches) who wish to take the examination in Dec. 2024, the last date of submission of all assignments contained in this booklet is 30.9.2024.

Please check the dates from the University website (www.ignou.ac.in). **You need to submit the assignments within the stipulated last date of submission notified by the University, to be eligible to appear in the term-end examination of the respective courses.**

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

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 Academic 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-6/2024-25

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. Analyse, giving examples, how work life impacts family life. (10)
2. Discuss cultural-context framework with reference to ecological systems theory. (10)
3. What are the bases of marital power? Discuss, giving examples. (10)
4. Describe family cohesion in the context of your culture. (10)
5. Discuss management of aggression with reference to teenagers. (10)
6. With examples, discuss conflict resolution in family situations. (10)

Section B - Short Answer Type Questions

1. **Write short notes (in about 150 words each) on the following:** (5×8= 40 marks)
 - i) Altruistic personality
 - ii) Multi systemic therapy
 - iii) Objective self awareness
 - iv) Journal writing
 - v) Niche
 - vi) Existentialism
 - vii) Resilience
 - viii) Bi-curious

ASSIGNMENT 2 TMA-7

Counselling and Family Therapy: Applications and Interventions

Course Code: MCFT-007

Assignment Code: MCFT-007/TMA-7/ASST-7/2024-25

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. How do you identify and assess a child having emotional problems? (10)
2. Explain, giving examples, the issues in intervention with cohabitation relationships. (10)
3. Discuss the guidelines for assessment of marital conflict. (10)
4. Explain how families can help to reduce relapse of substance abuse. (10)
5. Describe the role of counsellors and family therapists in dealing with child abuse. (10)
6. Analyse the gender differences in mental health problems. (10)

Section B - Short Answer Type Questions

(5×8= 40 marks)

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

- i) Parental conflicts
- ii) Social Isolation
- iii) Geriatric depression
- iv) Positive self-talk
- v) Self efficacy
- vi) Humour
- vii) Knapp's relationship escalation model
- viii) Body dysmorphic disorder

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)/2024-25

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 use of neutrality in counselling. (10)
2. Describe the role of emotions in couple's therapy. (10)
3. With the help of examples, discuss the common areas of marital difficulties. (10)

Section B - Short Answer Type Questions

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

(5×4=20 marks)

- i) Preventive interventions
- ii) Use of enactments in EFT
- iii) Active listening
- iv) Love Attitude Scale

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)/2024-25

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. Describe the steps involved in learning social skills. (10)
2. Discuss, giving examples, the factors that contribute towards stress during childhood and adolescence. (10)
3. Explain any two methods of acquisition and implementation of parent training skills. (10)

Section B - Short Answer Type Questions

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

(5×4= 20 marks)

- i) Imagery
- ii) Peer tutoring
- iii) Projective tests
- iv) Peer tutoring

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)/2024-25

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 relapse prevention therapy. (10)
2. Analyse, giving examples, psychological issues related to substance abuse in families. (10)
3. Explain the 5 "R" s approach. (10)

Section B - Short Answer Type Questions

(5×4=20 marks)

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

- i) Common routes of drug use
- ii) Legal consequences of substance use
- iii) Stanton's therapeutic techniques
- iv) Self correctional approach