

MSCCFT 1st Year /
PGDCFT

**Master of Science in Counselling and Family Therapy
(MSCCFT) 1st Year**

&

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

Assignment Booklet

ASSIGNMENTS 1-5

July 2019

**(These assignments relate to Courses MCFT-001, MCFT-002, MCFT-003,
MCFT-004 and MCFT-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
(MSCCFT) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)
ASSIGNMENTS: 2019-20**

Dear Learner,

You have to do five assignments in all to qualify for the first year of MSCCFT/ 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 assignment answer sheets.
- 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 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

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 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 have 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

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.

LAST DATE OF SUBMISSION

For the students who have taken admission in the programme of study in 2019 (i.e., for the academic session commencing in July 2019), 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 2020. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2019, the last date of submission of all assignments contained in this booklet is 30.9.2019.

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.

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, so that you may get back the marks and comments of the counsellor with 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-1

Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2019-20

Last Date of Submission: 15th March, 2020

Maximum Marks: 100

Note: Answer all the questions in both sections.

Section A - Descriptive Questions

(10x6=60 marks)

1. With the help of examples, differentiate between normative and non-normative influences on human development. (10)
2. Critically discuss the social exchange family theory. (10)
3. Explain the meaning and significance of genetic counselling. (10)
4. Describe the developmental characteristics of teenagers. (10)
5. Analyse the changing role of the father in the contemporary dual earning family set-up. (10)
6. Discuss, with examples, the challenges faced by contracting families. (10)

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short-notes on the following: (3x 10 = 30 marks)
 - i) Performationism
 - ii) 'tabula rasa'
 - iii) Self in marriage
 - iv) Generativity versus stagnation
 - v) Tertiary circular reactions
 - vi) Single parent families
 - vii) Hypothetico-deductive reasoning
 - viii) Residence of marriage partners
 - ix) Personification
 - x) Gender

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

(1×10 = 10 marks)

- i) Cephalo-caudal development
- ii) Co-dominance
- iii) Stressor
- iv) Polygamy
- v) Milestones
- vi) Personal fable
- vii) Stereotype
- viii) Lesbian
- ix) Reconstituted family
- x) Globalization

ASSIGNMENT 2 TMA-2

Mental Health and Disorders

Course Code: MCFT-002

Assignment Code: MCFT-002/TMA-2/ASST-2/2019-20

Last Date of Submission: 15th March, 2020

Maximum Marks: 100

Note:- Answer all the questions in both sections.

Section A - Descriptive Questions

(10x6=60 marks)

1. Define schizophrenia. Describe any two types of schizophrenia. (10)
2. Outline, with the help of examples, the impact of early childhood experiences on personality. (10)
3. Analyse any two models of mental health. (10)
4. Giving examples, analyse the differences between neurotic disorders and psychotic disorders. (10)
5. Discuss the environmental causes of substance abuse. (10)
6. Explain the clinical characteristics of somatoform disorder. (10)

Section B - Short Answer / Objective Type Questions

(40 marks)

1. Write short notes on the following: (3x10=30 marks)
 - i) Hallucinations
 - ii) Eustress
 - iii) Emotional intelligence
 - iv) Suicidal ideation
 - v) Childhood blindness
 - vi) Delirium
 - vii) Gender identity disorders
 - viii) Sensory training
 - ix) Obsessional personality
 - x) Daily living skills

2. Define the following in 1-2 lines each: (1x5=5 marks)

- i) Nosology
- ii) Normality
- iii) Delirium
- iv) Mania
- v) Diabetes mellitus

3. State the full form of the following abbreviations: (1x5= 5 marks)

- i) AIDS:
- ii) ABC:
- iii) ECT:
- iv) SUD:
- v) DBT:

ASSIGNMENT 3

TMA-3

Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

Course Code: MCFT-003

Assignment Code: MCFT-003/TMA-3/ ASST-3/2019-20

Last Date of Submission: 31st March, 2020

Maximum Marks: 100

Note:- Answer all the questions in both sections.

Section A - Descriptive Questions

(10x6=60 marks)

1. What are the indications for family therapy? Explain with the help of examples. (10)
2. Discuss any two theories of career counselling. (10)
3. State the basic assumptions of transactional analysis. Describe the construal of “ego states” in this framework. (10)
4. Critically evaluate any two types of listening and responding techniques. (10)
5. Explain, giving examples, the basic principles of cognitive therapy. (10)
6. Discuss counsellor-client relationship in supportive counselling. (10)

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes on the following: (3x10=30 marks)
 - i) Goals of person-centered counselling
 - ii) Family floor plan
 - iii) Therapeutic paradox
 - iv) Examples of family map
 - v) Mimesis
 - 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:

(1x10=10 marks)

- i) Communication training
- ii) Reinforcement
- iii) Perception
- iv) Subsystems
- v) Hierarchy
- vi) Parental child
- vii) ASD
- viii) Aptitude
- ix) Eclectic approach
- x) Maladjustment

ASSIGNMENT 4
TMA-4

Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/2019-20

Last date for submission: 31st March, 2020

Maximum Marks: 100

Note:- Answer all the questions in both sections.

Section A - Descriptive Questions

(10x6=60 marks)

1. Describe any two techniques involving therapist interpretation. (10)
2. Discuss the steps for awareness of polarities during therapy. (10)
3. What is countertransference? Discuss, with the help of examples, the various sources of countertransference. (10)
4. Discuss the positive functions of resistance during therapy. (10)
5. Explain the role of a counsellor in a situation of grief. (10)
6. Discuss the purposes of play therapy. (10)

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes on the following: (3x10=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:

(1x10=10 marks)

- i) Open communication
- ii) Informed consent
- iii) Disclosure
- iv) Rapport
- 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-5/2019-20

Last date for submission: 31st March, 2020

Maximum Marks: 100

Note:- Answer all the questions in both sections.

Section A – Descriptive Questions

(10x6=60 marks)

1. Discuss the importance of research in counselling and family therapy. (10)
2. Differentiate between inductive and deductive reasoning. Compare research hypothesis and null hypothesis. (10)
3. Explain the empiricist research paradigm. (10)
4. How does research design help the researcher in doing a better research? Explain, giving examples. (10)
5. Discuss advantages and disadvantages of the case study method. (10)
6. With the help of examples, distinguish between structured and open-ended analysis. (10)

Section B - Short Answer/Objective Type Questions

(40 Marks)

1. Write short notes on the following: (3×10=30 marks)
 - i) Anecdotal records
 - ii) Empirical tradition
 - iii) Histogram
 - iv) Opinion research
 - v) Split-half reliability
 - vi) Lottery method
 - vii) Norms
 - 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) Independent Variable
- iv) Data reduction
- v) Web-based documents