

**Master of Science in Counselling and Family Therapy  
(MSCCFT) 2<sup>nd</sup> Year**

**Assignment Booklet**

**ASSIGNMENTS 1-3  
July 2019**

**(These assignments relate to Courses MCFT-006, MCFT-007, and  
MCFTE-001, MCFTE-002 and 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) 2<sup>nd</sup> Year**

**ASSIGNMENTS: 2019-20**

**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 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 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 re-registered for the second year of the Master's Degree Programme in 2019 (i.e., for MSCCFT II year 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 is earlier than that 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-6

### Applied Social Psychology

Course Code: MCFT-006

Assignment Code: MCFT-006/TMA-6/ASST-6/2019-20

Last Date of Submission: 15<sup>th</sup> March, 2020

Maximum Marks: 100

*Note:- Answer all the questions in both sections.*

#### Section A - Descriptive Questions

(10×6= 60 marks)

1. Describe modes of social thinking. (10)
2. Discuss cultural-context framework with reference to ecological systems theory. (10)
3. What are bases of marital power? Discuss, giving examples. (10)
4. Describe family cohesion in the context of your culture. (10)
5. Analyse the changing societal attitude towards sexuality. (10)
6. Describe positive approaches to conflict management. (10)

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

(40 Marks)

1. Write short notes on the following: (5×6 = 30 marks)
  - i) Priming
  - ii) Existentialism
  - iii) Presses
  - iv) Emotion regulation
  - v) Objective self awareness
  - vi) Negotiations

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

(1×10=10 marks)

i) Extended family

ii) Meditation

iii) Orgasm

iv) Gay

v) Anxiety

vi) Malnutrition

vii) Self concept

viii) Gestures

ix) Dyads

x) Monosexual

## **ASSIGNMENT 2 TMA-7**

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

**Course Code: MCFT-007**

**Assignment Code: MCFT-007/TMA-7/ASST-7/2019-20**

**Last Date for Submission: 31<sup>st</sup> March, 2020**

**Maximum Marks: 100**

*Note:- Answer all the questions in both sections.*

#### **Section A - Descriptive Questions**

**(10×6= 60 marks)**

1. Describe salient features of psychosocial approaches to dealing with substance abuse. (10)
2. With the help of examples, discuss aging and mental health in the Indian socio-cultural context. (10)
3. Analyse the complicating factors in separation or divorce in the Indian context. (10)
4. Discuss the challenges faced by a child who has a parent suffering from chronic illness. (10)
5. Explain, giving examples, the general principles of counselling children and adolescents. (10)
6. Discuss the role of extended families in marital discord. Give examples to support your answer. (10)

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

**(40 marks)**

1. Write short notes on the following: (5×6 = 30 marks)
  - i) Elements of crisis counselling
  - ii) Domestic violence
  - iii) Dysfunctional triangles
  - iv) Crohn's disease
  - v) Psychoeducation
  - vi) Human vulnerability

2) Define the following in 1-2 sentences each:

(1×10=10)

- i) Empowerment
- ii) Disorientation
- iii) Spinal twisting
- iv) MAST
- v) AUDIT
- vi) Detouring
- vii) Epilepsy
- viii) Communion
- ix) Scapegoating
- x) IP



# 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)/2019-20

Last date for submission: 31<sup>st</sup> March, 2020

Maximum Marks: 50

*Note : Answer all the questions in both sections.*

#### Section A - Descriptive Questions

(10×3=30 marks)

1. Explain the guidelines that should be kept in mind when interviewing during a family session. (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/Objective Type Questions

1. Write short notes on the following: (5×4=20 marks)
  - i) Use of enactments in EFT
  - ii) Intake
  - iii) Intimacy
  - iv) Research and clinical practice

# 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)/2019-20**

**Last Date of Submission: 31<sup>st</sup> March, 2020**

**Maximum Marks: 50**

*Note: Answer all the questions in both sections.*

#### Section A - Descriptive Questions

**(10×3=30 marks)**

1. Enumerate the core life skills. Discuss the importance of nurturing life skills in children. (10)
2. Analyse the impact of media on the physical health and psychological functioning of adolescents. (10)
3. Discuss the factors that contribute towards stress during childhood and adolescence. (10)

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

1. Write short notes on the following: **(5×4= 20 marks)**
  - i) Parents as socializing agent
  - ii) Peer tutoring
  - iii) ABC diary
  - iv) PTSD

# 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)/2019-20**

**Last Date of Submission: 31<sup>st</sup> March, 2020**

**Maximum Marks: 50**

*Note:- Answer all the questions in both sections.*

#### Section A - Descriptive Questions

**(10×3=30 marks)**

1. “Substance abuse is a family problem”. Discuss this statement, giving examples to support your answer. (10)
2. Discuss the concept of harm reduction. Describe Opioid Substitution Therapies (OST). (10)
3. Explain how solution-focused therapy helps the family grappling with substance abuse. (10)

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

1. Write short notes on the following: **(5×4=20 marks)**
  - i) Substance abuse and HIV
  - ii) 5 Rs
  - iii) Substance abuse in women
  - iv) Behavioural Marital Therapy