

MSCCFT 1<sup>st</sup> Year /  
PGDCFT

**Master of Science in Counselling and Family Therapy  
(MSCCFT) 1<sup>st</sup> Year**

**&**

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

## **Assignment Booklet**

**ASSIGNMENTS 1-5**

**July 2020**

**(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) 1<sup>st</sup> Year  
&  
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)  
ASSIGNMENTS: 2020-21**

Dear Learner,

You have to do five assignments in all to qualify for PGDCFT or the first 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. In this assignment booklet, there are five assignments and the course-wise distribution of the 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 2020 (i.e., for the academic session commencing in July 2020), 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 2021. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2020, the last date of submission of all assignments contained in this booklet is 30.9.2020.

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-1/2020-21

Last Date of Submission: 15<sup>th</sup> March, 2021

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

(10x6=60 marks)

1. Define Rh incompatibility. Enumerate maternal factors which can affect foetal growth. (10)
2. Discuss domains of human development. (10)
3. Describe, giving examples, any three defense mechanisms. (10)
4. Describe emotional development among infants. (10)
5. Analyse family developmental tasks in the adolescent stage. (10)
6. With the help of examples, state your views on nature versus nurture controversy. (10)

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

(40 marks)

1. **Write short notes (in 50-100 words each) 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-2/2020-21

Last Date of Submission: 15<sup>th</sup> March, 2021

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

(10x6=60 marks)

1. Differentiate between mania and depression. (10)
2. What are the characteristics of generalized anxiety disorder? (10)
3. Explain domains of post traumatic stress disorder. (10)
4. Define psychosis. What are the causes of psychosis? (10)
5. Describe various terminologies associated with suicide. (10)
6. What are the goals of psychosocial rehabilitation for mental illness? (10)

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

(40 marks)

1. **Write short notes (in 50-100 words each) on the following:** (3x10=30 marks)
  - i) Deaf blindness
  - ii) Psychoeducation
  - iii) Types of social phobia
  - iv) Dementia
  - v) Psychedelics
  - vi) Physical consequences of substance abuse
  - vii) Reminiscence therapy
  - viii) Dialectical behaviour therapy
  - ix) Impact of chronic illness on children
  - x) Locomotor disability

2. Define the following in 1-2 lines each: (1×5=5 marks)
- i) Fragile X Syndrome
  - ii) Childhood physical abuse
  - iii) Hypnotics
  - iv) Coping
  - v) Hippocampus
3. State the full form of the following abbreviations: (1×5=5 marks)
- i) ICD-10:
  - ii) BPD:
  - iii) ADHD:
  - iv) ECT:
  - v) OCD:



## ASSIGNMENT 3 TMA-3

### Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

**Course Code: MCFT-003**

**Assignment Code: MCFT-003/TMA-3/ ASST-3/2020-21**

**Last Date of Submission: 31<sup>st</sup> March, 2021**

**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

(10x6=60 marks)

1. Discuss assumptions of psychodynamic approaches. (10)
2. Outline techniques used in solution focused family therapy. (10)
3. Explain the key features of systemic family therapy. (10)
4. Describe family mapping technique. (10)
5. How should the counsellor communicate unconditional positive regard to the client? (10)
6. In brief, explain A-B-C-D-E analysis with the help of a case illustration. (10)

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

(40 marks)

1. **Write short notes (in 50-100 words each) on the following:** (3x10=30 marks)
  - i) Genogram
  - ii) Strokes
  - iii) Neutrality
  - iv) Reframing
  - v) Socratic questioning
  - vi) Characteristics of counsellor in supportive counselling
  - vii) Family psychoeducation
  - viii) Circularity

- ix) Neutrality
- x) Behavioural interventions

2. **Fill in the blanks:** **(1x10=10 marks)**

- i) Unconditional positive regard is also called.....
- ii) ..... system refers to a system with more rigid boundaries that cannot be easily crossed.
- iii) Emotional ..... reduces anxiety in the system.
- iv) ..... is a process in which two family members lower the tension level between them by drawing in a third person.
- v) A tendency for individuals to relate external events to themselves is called.....
- vi) An inaccurate or illogical thought which maintains negative thinking and helps to maintain negative emotions is known as .....
- vii) ..... are the invisible barriers that govern the contact that subsystems have with other subsystems and are necessary for a healthy family structure.
- viii) .....is known as the father of person-centered counselling.
- ix) Units within a family are called.....
- x) Any set of interrelated parts that is structured on feedback is called.....

**ASSIGNMENT 4**  
**TMA-4**

**Counselling and Family Therapy: Applied Aspects**

**Course Code: MCFT-004**

**Assignment Code: MCFT-004/TMA-4/ASST-4/2020-21**

**Last date for submission: 31<sup>st</sup> March, 2021**

**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**

**(10x6=60 marks)**

1. Discuss the issues and concerns for beginning counsellors. (10)
2. Analyse the role of self of the therapist according to Bowen's Theory. (10)
3. Delineate the ethical principles involved in counselling and family therapy. (10)
4. What is reflection? Describe various types of reflections. (10)
5. Discuss the principles of selecting intervention strategies. (10)
6. Explain goals of therapy during middle phase. (10)

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

**(40 marks)**

1. **Write short notes (in 50-100 words each) on the following:** (3x10=30 marks)
  - i) Steps of termination
  - ii) SFSR
  - iii) Record keeping
  - iv) Leading techniques
  - v) Progressive Relaxation Training
  - vi) Imagery
  - vii) Situations requiring counselling interventions
  - viii) Non-helpful verbal behavior
  - ix) Empty chair technique
  - x) Counsellor induced silence

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

(1×10=10 marks)

- i) Life skills
- ii) Summary reflection
- iii) Reassurance
- iv) Projection
- v) Repression
- vi) Anxiety
- vii) IP
- viii) Restatement paraphrase
- ix) Hypnosis
- x) Acceptance

**ASSIGNMENT 5**  
**TMA- 5**

**Counselling and Family Therapy: Research Methods and Statistics**

**Course Code: MCFT-005**

**Assignment Code: MCFT-005/TMA-5/ASST-5/2020-21**

**Last date for submission: 31<sup>st</sup> March, 2021**

**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**

**(10x6=60 marks)**

- 1) Explain the importance of paradigms in counselling and family therapy research. (10)
- 2) Discuss advantages and disadvantages of observation method. (10)
- 3) Explain data transformation while using SPSS. (10)
- 4) Describe the need and purpose of review of literature. (10)
- 5) Explain principles of research design. (10)
- 6) Define qualitative research. Give reasons for conducting qualitative research. (10)

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

**(40 Marks)**

1. **Write short notes (in 50-100 words each) on the following:** (3×10=30 marks)
  - i) Normal Curve
  - ii) Examples of close ended questions
  - iii) Inferential statistics
  - iv) Quartile deviations
  - v) Histogram
  - vi) Median
  - vii) Characteristics of scales
  - viii) Advantages of Interview method
  - ix) Documents
  - x) Norms

2. Define the following in 2-3 lines each:

(2×5=10 marks)

- i) Hypothesis
- ii) Declarative knowledge
- iii) Epistemology
- iv) Sampling
- v) Validity