

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

Assignment Booklet

**ASSIGNMENTS 1-3
July 2020**

**(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: 2020-21

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 the Tutor Marked Assignment (TMA) carries 100 marks for each 4 credit theory paper 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/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 2020 (i.e., for MSCCFT II year 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 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-6/2020-21

Last Date of Submission: 15th 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

(10×6= 60 marks)

1. Discuss management of aggression with reference to teenagers. (10)
2. Analyse how work life impacts family life. (10)
3. Describe the elements of non-verbal communication. (10)
4. With examples, discuss conflict resolution in family situations. (10)
5. Define personality. Explain psychoanalytic perspective on development of personality. (10)
6. Discuss the role of the counsellor in marital disputes. (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) Types of schemas
 - ii) Well-being
 - iii) Positive self-talk
 - iv) Self efficacy
 - v) Humour
 - vi) Resilience

- vii) Body dysmorphic disorder
- viii) Altruistic personality
- ix) Sex in ancient India
- x) Knapp's relationship escalation model

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

(1×10=10 marks)

- i) Anxiety
- ii) Weaning
- iii) Puberty
- iv) Trait
- v) Emotional intelligence
- vi) Kin selection
- vii) Bystander effect
- viii) *Sanchita*
- ix) Escapism
- x) Selective listening

ASSIGNMENT 2

TMA-7

Counselling and Family Therapy: Applications and Interventions

Course Code: MCFT-007

Assignment Code: MCFT-007/TMA-7/ASST-7/2020-21

Last Date for Submission: 31st 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

(10×6= 60 marks)

1. Discuss causes of school difficulties. (10)
2. Briefly explain the issues in intervention with cohabitation relationships. (10)
3. Discuss marital satisfaction and conflict in older couples. (10)
4. How would you help the client to recover from trauma? (10)
5. Explain how families can help to reduce relapse of substance abuse. (10)
6. Discuss analytically the critique of child therapies. (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) Parenting skills training
 - ii) Domestic violence
 - iii) Psychoeducation
 - iv) Relationship fusion
 - v) Assertiveness training

- vi) Coming out process
- vii) Visitation and custody arrangement for children
- viii) Caregiver burden in illness
- ix) Helplessness in serodiscordant couples
- x) Cohabitation

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

(1×10=10)

- i) Autism
- ii) Sex roles
- iii) Internalised homophobia
- iv) Detouring
- v) Abstinence
- vi) Public awareness
- vii) Coping capacity
- viii) Yoga therapy
- ix) *Mitahara*
- x) *Pranayama*

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)/2020-21

Last date for submission: 31st March, 2021

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. Explain the various types of circular questions. (10)
2. Analyse use of neutrality in counselling. Give examples to support your answer. (10)
3. Discuss common areas of marital enrichment. (10)

Section B - Short Answer/Objective Type Questions

- 1. Write short notes (in 100-150 words each) on the following: (5x4=20 marks)**

- i) Active listening
- ii) Three tools used as family assessment self report scales
- iii) Experiential humanistic foundations of EFT
- iv) Sexual dysfunction

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)/2020-21

Last Date of Submission: 31st March, 2021

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 strategies for prevention of child abuse. (10)
2. Stating the importance of social skills, outline the steps involved in learning social skills. (10)
3. Explain play therapy. (10)

Section B - Short Answer/Objective Type Questions

1. Write short notes (in 100-150 words each) on the following:

(5×4= 20 marks)

- i) School as social system
- ii) Types of intelligence tests
- iii) Thinking skills
- iv) Benefits of play

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)/2020-21

Last Date of Submission: 31st March, 2021

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. Explain principles of relapse prevention. (10)
2. Discuss specific issues related to women using substances. (10)
3. Analyze adaptations in family roles caused due to substance abuse by a family member. (10)

Section B - Short Answer/Objective Type Questions

1. **Write short notes (in 100-150 words each) on the following:** (5×4=20 marks)
 - i) Stanton's therapeutic techniques
 - ii) Self correctional approach
 - iii) Overt antecedents of relapse
 - iv) Behavioural contracting as an approach for family intervention for substance use