

**M.Sc. (CFT) 1<sup>st</sup> Year/  
PGDCFT**

**Master of Science in Counselling and Family Therapy  
M.Sc. (CFT) 1st Year**

**&**

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

**Assignment Booklet**

**ASSIGNMENTS 1-5**

**July 2016**

**(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**  
**M.Sc. (CFT) 1st Year**  
**&**  
**Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)**

**ASSIGNMENTS: 2016 - 17**

Dear Learner,

You have to do five assignments in all to qualify for the first year of M.Sc. (CFT) / 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 response sheet.
- 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 sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet 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 each answer. 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.
- 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) After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme Incharge on the prescribed assignment remittance-cum-acknowledgement card.
- 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 and headquarters.

## **A Note of Caution**

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for evaluation. Please do not send them to us. These exercises are given to help you in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide.

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 on each course has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered. Now read the guidelines before answering questions.

## **GUIDELINES FOR TMA**

The Tutor Marked Assignments (TMAs) in this booklet have two parts:

### **Section A: Descriptive Questions (60 marks)**

In this section, you have to answer ten questions (of 6 marks each). Answer each question in about 250-300 words.

### **Section B: Short Answer/Objective Type Questions (40 marks)**

This section contains various types of short answer type and objective type questions.

#### **Make sure that your answer:**

- a) is logical and coherent.
- b) has clear connections between sentences and paragraphs.
- c) is written correctly giving adequate consideration to your expression, style and presentation.
- d) does not exceed the number of words indicated in the question.

### **LAST DATE OF SUBMISSION**

For the students who have taken admission in the programme of study in 2016 (i.e., for the academic session commencing in July 2016), 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 2017. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2016, the last date of submission of all assignments contained in this booklet is 15.9.2016.

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.

**ASSIGNMENT 1**  
**TMA-1**  
**Human Development and Family Relationships**

**Course Code: MCFT-001**

**Assignment Code: MCFT-001/TMA-1/ASST-1/2016-17**

**Last Date of Submission: 30th November, 2016**

**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**

**(6×10= 60 marks)**

1. Describe the changing role of the father in the contemporary dual earning family set-up. (6)
2. Define 'family dynamics'. Discuss internal dynamics of Indian families. (6)
3. Discuss critically social exchange family theory. (6)
4. Describe various assumptions of feminist theory. (6)
5. With examples, give your views on nature versus nurture controversy. (6)
6. In brief, describe developmental characteristics of teenagers. (6)
7. Briefly discuss with examples the challenges faced by launching families. (6)
8. Discuss the challenges faced to maintain successful ageing. (6)
9. Describe the influences which impact newly wed couple. (6)
10. Discuss family developmental tasks in the preschool stage. (6)

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

**(40 Marks)**

1. **Write short-notes (in about 50 words each) on:** (3×10= 30 marks)
  - i) Era of original sin
  - ii) Development is irreversible
  - iii) Genetic counselling
  - iv) Short term memory
  - v) Self actualization

- vi) Initiative versus guilt
- vii) Personification
- viii) Fictional goals
- ix) Personal fable
- x) Hypothetico-deductive reasoning

**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) Virilocal family
- 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-2/2016-17**  
**Last Date for Submission: 30th November, 2016**

**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**

**(6×10=60 marks)**

1. Describe types of stress with examples. (6)
2. Discuss types of mental health problems. (6)
3. Explain clinical features of depressive disorders. (6)
4. Differentiate between psychosis and schizophrenia. (6)
5. Differentiate between mania and depression. (6)
6. What are characteristics of generalized anxiety disorder? (6)
7. Explain domains of post traumatic stress disorder. (6)
8. Describe psychosocial rehabilitation of mentally ill patient. (6)
9. Discuss the assessment of neurotic disorders. (6)
10. What are the causes of mental retardation? (6)

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

**(40 marks)**

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
  - i) Biological model of mental health
  - ii) Delirium
  - iii) Gender identity disorders
  - iv) Chronic illness
  - v) CBT for cure of mood disorders
  - vi) Grief therapy

- vii) Paranoid personality disorder
- viii) Suicidal ideation
- ix) Low vision
- x) Sensory training

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

**(1×5=5 marks)**

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

**3. State the full form of the following abbreviations:**

**(1×5= 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-3/2016-17**

**Last date for submission: 15th January, 2017**

**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**

**(6×10=60 marks)**

1. What are the indications for family therapy? (6)
2. Discuss the steps involved in counselling process. (6)
3. Describe a case study that needs family therapy because of parent-child relationship difficulties. (6)
4. Discuss in brief any two theories of career counselling. (6)
5. Describe the basic assumptions of transactional analysis. (6)
6. Discuss assumptions of psychodynamic approaches. (6)
7. Explain techniques used in solution focused family therapy in brief. (6)
8. Discuss the key features of systemic family therapy. (6)
9. What are the characteristics of counsellor in supportive counselling? (6)
10. Briefly explain key concepts of cognitive behavioural family therapy. (6)

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

**(40 marks)**

1. **Write short notes (in about 50 words each) on :** (3×10=30 marks)
  - i) Tracking
  - ii) Family floor plan
  - iii) Intergenerational family theory
  - iv) R E B T

- v) Indian psychotherapy
- vi) Mimesis
- vii) Scaling questions
- viii) Circular questions
- ix) Therapeutic paradox
- x) Crisis origins

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

**(1×10=10 marks)**

- i) Problems in supportive counselling
- ii) Commitment
- iii) Family functions
- iv) Maladjustment
- v) Aptitude
- vi) A S D
- vii) Eclectic approach
- viii) Psycho education
- ix) Types of social skills
- x) Natural crisis management

**ASSIGNMENT 4**  
**TMA-4**  
**Counselling and Family Therapy: Applied Aspects**

**Course Code: MCFT-004**

**Assignment Code: MCFT-004/TMA-4/ASST-4/2016-17**

**Last Date of Submission: 15th January, 2017**

**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**

**(6×10=60 marks)**

1. Discuss the common therapist traps. (6)
2. Describe the evolution of the concept of therapist-client relationship. (6)
3. Discuss the skills involved in ending of session. (6)
4. Differentiate between opening techniques and leading techniques. (6)
5. Explain in brief active communication skills. (6)
6. What are life skills? Why is there a need for life skills training? (6)
7. What is reassurance? Explain the use of reassurance in relationship building. (6)
8. Explain transference and its implications for counselling and family therapy. (6)
9. Discuss the experiential awareness techniques. (6)
10. Describe goals of therapy during end phase. (6)

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

**(40 Marks)**

1. **Write short notes (in about 50 words each) on:** (3×10=30 marks)
  - i) Self of the therapist
  - ii) Supportive psychotherapy
  - iii) Client motivation
  - iv) Effective homework tasks
  - v) Psychodrama
  - vi) Proximity preference in therapy

- vii) Types of conflicts
- viii) Cognitive reflection
- ix) Therapeutic metaphors
- x) Meaning of intake

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

**(1×10=10 marks)**

- i) Isomorphism
- ii) Informed consent and its use
- iii) Paraphrase
- iv) Mediation
- v) Implied reflection
- vi) Referral
- vii) Family map
- viii) Modeling
- ix) Resistance in therapy
- x) Neutrality

## ASSIGNMENT 5

### TMA - 5

## Counselling and Family Therapy: Research Methods and Statistics

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2016-17

Last Date of Submission: 15th January, 2017

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

(6×10=60 marks)

1. Explain the objectives of research in counselling and family therapy. (6)
2. Define knowledge and describe types of knowledge. (6)
3. Explain sources of hypothesis. (6)
4. Explain principles of research design. (6)
5. Define mixed methods. Describe various methods that can be used. (6)
6. Delineate limitations of case study method. (6)
7. Discuss advantages and disadvantages of questionnaire method. (6)
8. Give the formulae to calculate mean and explain its application. (6)
9. Explain the need and purpose of literature search. (6)
10. Discuss the main body of the report. (6)

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

(40 marks)

1. Write short notes (in about 50 words each) on: (3×10=30 marks)
  - i) Empiricist paradigm
  - ii) Limitations of scientific method
  - iii) Observation method
  - iv) Types of questions
  - v) Intelligence tests

- vi) Graphic representation of quantitative data
- vii) Significance of differences between the means of two dependent samples
- viii) Chi square
- ix) Abstract
- x) Codification

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

**(2×5=10 marks)**

- i) Features of a good research design
- ii) Stratified random sampling
- iii) Purposive sampling
- iv) Case work
- v) Triangulation

