

**Master of Science in Counselling and Family Therapy
M.Sc.(CFT) 2nd Year**

Assignment Booklet

ASSIGNMENTS 1-3

July 2016

**(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
M.Sc. (CFT) 2nd Year**

ASSIGNMENTS: 2016-17

Dear Learner,

You have to do three assignments in all during the second year of M.Sc. (CFT). 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 2 credit theory papers. In this assignment booklet there are five assignments of which 2 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 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 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.

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 Master's Degree Programme in 2015 (i.e., for the academic session commencing in July 2016 for the second year), 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-6
Applied Social Psychology

Course Code: MCFT-006

Assignment Code: MCFT-006/TMA-6/ASST-6/2016-17

Last Date of Submission: 30th December, 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 ecological systems theory on socialisation. (6)
2. Define personality. Discuss psychoanalytic perspective on development of personality. (6)
3. Discuss the goals of social cognition. (6)
4. What are the components of emotions? (6)
5. With examples, describe myths related to positive parenting. (6)
6. In brief, describe the process of interpersonal communication. (6)
7. Briefly discuss psychological well-being. (6)
8. Discuss the concept of marriage in India. (6)
9. Describe points of concern in intimate relations. (6)
10. Discuss the role of counsellor in marital disputes. (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) Altruistic personality
 - ii) Multi systemic therapy
 - iii) Objective self awareness
 - iv) Facial expressions
 - v) Cohensiveness

- vi) Journal writing
- vii) Work spilling over family life
- viii) Effects of cohabitation
- ix) Factors that promote mate selection
- x) Infidelity and divorce

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

(1×10=10 marks)

- i) Niche
- ii) Existentialism
- iii) Gestalt
- iv) Self schema
- v) Meditation
- vi) Resilience
- vii) Gonorrhoea
- viii) Straight
- ix) Bi-curious
- x) Remarriage

ASSIGNMENT 2

TMA-7

Counselling and Family Therapy: Applications and Interventions

Course Code: MCFT-007

Assignment Code: MCFT-007/TMA-7/ASST-7/2016-17

Last Date for Submission: 30th December, 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. How do you identify and assess a child having emotional problems? (6)
2. Discuss analytically the critique of child therapies. (6)
3. Discuss the guidelines for assessment of marital conflict. (6)
4. With the help of examples, explain reasons for marital conflict. (6)
5. Briefly explain the issues in intervention with cohabitation relationships. (6)
6. Explain how can families help to reduce relapse of substance abuse. (6)
7. Enumerate causes of deliberate self harm. (6)
8. Describe the role of counsellors and family therapists in dealing with child abuse. (6)
9. Delineate the gender differences in mental health problems. (6)
10. Describe behavioural and psychological symptoms of dementia. (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) Parenting skills training
 - ii) Mental retardation
 - iii) Internalized homophobia
 - iv) Relationship fusion
 - v) Anti-suicide

- vi) Marital conflict in young couples
- vii) Visitation and custody arrangement for children
- viii) Caregiver burden in illness
- ix) Helplessness in serodiscordant couples
- x) Parental conflicts

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

(1×10=10)

- i) Homeostasis
- ii) Triangular Relationships
- iii) Enabling legislation for persons with disabilities
- iv) Cohesion
- v) Polygamy
- vi) Social Isolation
- vii) N A
- viii) Complex trauma
- ix) *Mitahara*
- x) Geriatric Depression

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)/2016-17

Last date for submission: 30th January, 2017

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

(6×5=30 marks)

1. Explain use of interview method in counselling. (6)
2. Describe conceptual skills in family therapy for couples. (6)
3. Describe characteristics of good self report scale in couples therapy. (6)
4. Discuss in brief R I S S C. (6)
5. List the psychological factors that contribute to sexual dysfunctions. (6)

Section B - Short Answer/Objective Type Questions

1. Write short notes (in about 50 words each) on : (2×10=20 marks)
 - i) Active listening
 - ii) Conflict resolution
 - iii) Hypothesizing
 - iv) Three tools used as family assessment self report scales
 - v) Research and clinical practice
 - vi) Use of enactments in EFT
 - vii) Sensate focus
 - viii) Circular questioning
 - ix) Common areas of marital enrichment
 - x) Squeeze technique

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)/2016-17

Last Date of Submission: 30th January, 2017

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

(6×5=30 marks)

1. Discuss the impact of peer group on adolescents. (6)
2. Describe the role of school as a learning social system. (6)
3. Discuss the obstacles in the life of rural children. (6)
4. Delineate the preventive strategies involved in prevention of child abuse. (6)
5. Explain the steps involved in learning social skills. (6)

Section B - Short Answer/Objective Type Questions

1. Write short notes (in about 50 words each) on: (2×10=20 marks)
 - i) Rationalization
 - ii) Children living in dysfunctional family
 - iii) Projective tests
 - iv) Identifying vulnerability of children
 - v) Sources of media
 - vi) SMART
 - vii) Cognitive behaviour therapy
 - viii) Impact of traumatic experiences on children
 - ix) Content of parent training
 - x) Playroom materials

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)/2016-17

Last Date of Submission: 30th January, 2017

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

(6×5=30 marks)

1. Explain principles of relapse prevention. (6)
2. Describe relapse prevention therapy. (6)
3. Explain psychological issues related to substance abuse in families. (6)
4. Outline phases of treatment for substance abuse. (6)
5. Discuss specific issues related to women using substances. (6)

Section B - Short Answer/Objective Type Questions

1. Write short notes (in about 50 words each) on: (2×10=20 marks)
 - i) Common routes of drug use
 - ii) Psychoactive substance
 - iii) Foetal alcohol syndrome
 - iv) I D U
 - v) M POWER
 - vi) Legal consequences of substance use
 - vii) Stanton's therapeutic techniques
 - viii) Self correctional approach
 - ix) Overt antecedents of relapse
 - x) Behavioural contracting as an approach for family intervention for substance use

