

M.Sc. (CFT) 1st 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 2017**

**(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: 2017-18

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 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.
- 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 & 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 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) 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 2017 (i.e., for the academic session commencing in July 2017), 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 2018. However, for the old students (of earlier batches) who wish to take the examination in Dec. 2017, the last date of submission of all assignments contained in this booklet is 15.9.2017.

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.

ASSIGNMENT 1
TMA-1
Human Development and Family Relationships

Course Code: MCFT-001
Assignment Code: MCFT-001/TMA-1/ASST-1/2017-18
Last Date of Submission: 15th March, 2018

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 normative and non-normative influences on child's development. (6)
2. Define Rh incompatibility. Enumerate maternal factors which can affect foetal growth. (6)
3. Discuss domains of human development. (6)
4. Explain the functions of a theory. (6)
5. Describe, giving examples, any three defense mechanisms. (6)
6. In brief, explain ecology of human development. (6)
7. Briefly discuss, with examples, the challenges faced by families having elementary school going children. (6)
8. Discuss the assumptions of social exchange theory. (6)
9. Describe emotional development among infants. (6)
10. Analyse family developmental tasks in the adolescent 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) *Brahmacharya*
 - ii) Assimilation
 - iii) Incongruity

- iv) Patterns of attachment
- v) Single parent families
- vi) Self in marriage
- vii) *Sapthapathi*
- viii) Empty nest syndrome
- ix) Babbling
- x) Residence of marriage partners

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

(1×10 = 10 marks)

- i) Period of the embryo
- ii) Primary circular reactions
- iii) Negative reinforcers
- iv) Polyandry
- v) Values
- vi) Family life cycle
- vii) Communication
- viii) Gay
- ix) Post partum disorders
- x) Extended family

ASSIGNMENT 2
TMA-2
Mental Health and Disorders

Course Code: MCFT-002
Assignment Code: MCFT-002/TMA-2/ASST-2/2017-18
Last Date of Submission: 15th March, 2018

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 any two models of mental health. (6)
2. Discuss dimensions of positive mental health. (6)
3. Explain various types of mental health problems. (6)
4. Describe the parameters involved in mental status examination. (6)
5. Define psychosis. What are the causes of psychosis? (6)
6. How are the persons in close contact with a person suffering from manic episode likely to explain this episode in history taking? (6)
7. Explain the clinical characteristics of somatoform disorder. (6)
8. Describe various terminologies associated with suicide. (6)
9. Enumerate tests for diagnosis of mental retardation. (6)
10. What are the goals of psychosocial rehabilitation for mental illness? (6)

P.T.O

Section B - Short Answer/Objective Type Questions

(40 marks)

1. Write short notes (in about 50 words each) on: (3×10=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) PTSD:
 - 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-3/2017-18

Last Date of Submission: 15th March, 2018

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 characteristics for group leadership? (6)
2. Differentiate between psychotherapy and counselling. (6)
3. Describe a case study that needs family therapy because of couple issues. (6)
4. Analyse in brief issues involved in conducting systemic family therapy sessions. (6)
5. Describe family mapping technique. (6)
6. Discuss principles of solution focused family therapy. (6)
7. How would the counsellor communicate unconditional positive regard to the client? (6)
8. Discuss the stages of strategic family therapy. (6)
9. What is resistance in family therapy? In brief, explain how you would handle such crisis. (6)
10. In brief, explain A-B-C-D-E analysis with the help of a case illustration. (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) Genogram
 - ii) Principles for ethical commitment of counsellor/family therapist
 - iii) Types of crisis
 - iv) C T
 - v) Self psychology
 - vi) Strokes
 - vii) Neutrality
 - viii) Reframing

- ix) Socratic questioning
- x) Myths about persons in a crisis state

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

(1×10=10 marks)

- i) Existential anxiety
- ii) Scapegoating
- iii) Family functions
- iv) Defense mechanisms
- v) Empathy
- vi) Prognosis
- vii) Observational learning
- viii) Role play
- ix) SST
- x) Role model for identification

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

Course Code: MCFT-004
Assignment Code: MCFT-004/TMA-4/ASST-4/2017-18
Last date for submission: 15th March, 2018

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 essential personal qualities in a therapist. (6)
2. Describe the therapist-client relationship from psychodynamic perspective. (6)
3. Discuss the skills involved in beginning of session. (6)
4. Differentiate between what impacts counselling process from therapist's and client's perspective, in brief. (6)
5. Explain mediation of a family dispute. (6)
6. Enumerate the principles of selecting intervention strategies. (6)
7. What aspects should be kept in mind by the family therapist during intake session? (6)
8. Explain development and resolution of the transference relationship. (6)
9. Discuss the situations in which the therapist should break client's confidentiality. (6)
10. Describe any one difficult situation in counselling, with example. (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) Empty chair technique
 - ii) Communication to be avoided in a counselling session
 - iii) Imagery

- iv) The greeting
- v) Overgeneralization
- vi) Steps involved in problem solving
- vii) SFSR
- viii) Family hypothesis
- ix) Progressive relaxation training
- x) Counter-transference

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) Leading in therapy
- 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-5/2017-18

Last date for submission: 15th March, 2018

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. Classify tests as per their function. (6)
2. Compare and contrast the purposive and quota sampling methods. (6)
3. Explain the importance of paradigms in counselling and family therapy research. (6)
4. Explain steps in planning experimental research. (6)
5. Delineate the common steps of conducting qualitative studies. (6)
6. Define codes and coding of data. (6)
7. Discuss advantages and disadvantages of observation method. (6)
8. Discuss the difference between structured analysis and open ended analysis. (6)
9. Explain data transformation while using SPSS. (6)
10. Differentiate between a thesis or a dissertation and a research journal. (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) Characteristics of good research
 - ii) Examples of close ended questions
 - iii) Inferential statistics
 - iv) Quartile deviations
 - v) Histogram
 - vi) Median
 - vii) Bibliography
 - viii) Points to be considered while evaluating annexures of a research report
 - ix) Knowledge generating research
 - x) Pilot study

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

(2×5=10 marks)

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