

00574

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY**

Term-End Examination

December, 2013

**MCFT-004 : COUNSELLING AND FAMILY
THERAPY: APPLIED ASPECTS**

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all.

Question No. 1 is compulsory.

1. Explain any four of the following in about 150 words each : 4x5=20
 - (a) Interpersonal skills
 - (b) Satir's Model of self
 - (c) Types of questions
 - (d) Progressive Relaxation Training
 - (e) Initial contact with the therapist
 - (f) Issues in termination.

2. Why is it important to formulate and maintain a therapeutic relationship ? Support your answer with examples. 20

3. (a) Discuss principles of ethics that a counsellor/family therapist should follow. 10
(b) Give an overview of the qualities of counsellors and family therapists. 10

4. (a) What do you understand by the concept of environment for therapy ? 5
- (b) Explain how you would maintain the environment during family therapy ? Support your answer with examples. 10
- (c) Describe how can experiences of the clients help during therapy. 5
5. (a) Give types of communication skills. 5
- (b) Outline verbal communication skills that can be used. $7\frac{1}{2}+7\frac{1}{2}=15$
6. (a) Give a brief overview of the relevance of reflection in a therapeutic relationship. 5
- (b) Discuss nature and types of reflection. Support your answer with examples. 15
7. (a) Giving examples, give an overview of the principles to be used in selecting intervention strategies. 10
- (b) Explain how as a therapist you would work through transference feelings and prevent deep transference relationship. 10
8. With the help of an illustration, explain termination phase of family therapy. 20
9. (a) What are of goals of family therapy ? 5
- (b) How would you use family life cycle stages during assessment in a case ? 15

