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**Master of Science in Counselling and Family
Therapy / Post Graduate Diploma in
Counselling and Family Therapy**

Term-End Examination

December, 2014

**MCFT-003 : Counselling and Family Therapy :
Basic Concepts and Theoretical Perspectives**

Time : 3 hours

Maximum Marks : 100

*Note : Answer five questions in all. Question No. 1 is
compulsory.*

1. Explain **any four** of the following : **4x5=20**
 - (a) Resistance in family therapy
 - (b) Genogram
 - (c) Characteristics of group leadership
 - (d) Miracle question
 - (e) Record keeping
 - (f) Reflexive questions
 - (g) Observational learning

2.
 - (a) Discuss ethical issues in family therapy. **10**
 - (b) Describe the steps involved in counselling process. **10**

3. Describe the career counselling process with the help of an example. **20**

4.
 - (a) Explain psychosocial assessment during crisis management. **15**
 - (b) State some of the supports a person in crisis may have. **5**

5. Discuss how would you carry out psychoeducation in schizophrenia. 20
6. (a) What are the differences and similarities between R E B T, C T and C B M ? 10
(b) How would you go about desensitization of a client who has phobia of darkness ? 10
7. Explain therapeutic processes in solution focused family therapy. 20
8. With the help of a case illustration, explain how would you use integrated approach to family therapy. 20
9. Write short notes on **any two** of the following : **10x2=20**
(a) Definition of a problem in systemic family therapy
(b) Hypothesization
(c) Techniques of supportive counselling
(d) Differences between psychoanalysis and psychodynamic psychotherapy
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