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**Master of Science in Counselling and Family  
Therapy / Post Graduate Diploma in  
Counselling and Family Therapy  
Term-End Examination  
December, 2016**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : (i) Answer five questions in all.*

*(ii) Question No. 1 is compulsory.*

1. Explain any four of the following : 4x5=20
- (a) Family counselling
  - (b) Genogram
  - (c) Family sculpting
  - (d) Decision making theory of career counselling.
  - (e) Major concepts of person centered counselling.
  - (f) Any five types of groups.
  - (g) Exception questions.
2. (a) List aims of supportive counselling. 5
- (b) Discuss any three techniques of supportive counselling. 15

3. (a) What is psychoeducation ? 5  
 (b) Differentiate between family psycho education and patient psychoeducation. 5  
 (c) Explain specific effective factors of psycho-education in schizophrenia. 10
4. Discuss key concepts in structural family therapy. 20
5. (a) Discuss the important principles of solution focussed family therapy. 10  
 (b) Outline the techniques used in solution focussed family therapy. 10
6. (a) Explain assumptions of Rational Emotive Behaviour Therapy. 5  
 (b) With help of examples, discuss the use of following techniques of REBT. 5+5+5=15  
 (i) Using Humour  
 (ii) Disputing irrational beliefs.  
 (iii) Emotive techniques.
7. Describe key concepts of transactional analysis. 20
8. Discuss the intergenerational family theory with help of an example. 20
9. Write short notes on **any two** of the following : 10x2=20  
 (a) Any five defence mechanisms with examples.  
 (b) Communicating unconditional positive regard by the counsellor.  
 (c) Steps involved in counselling process.  
 (d) Formulating an end-of session message in therapy.