

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

Term-End Examination

December, 2016

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

Time : 3 hours

Maximum Marks : 100

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- Note :** (i) *Answer any five questions.*
(ii) *All questions carry equal marks.*
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1. Write short notes on **any four** of the following : **4x5=20**
- (a) Confidentiality in therapy
 - (b) Resurgence of problems in therapy
 - (c) Limitations in using reassurance
 - (d) Self management
 - (e) Lecturing in counselling
 - (f) Unsupervised interventions by trainee students
 - (g) Therapist-client relationship in CBT
2. (a) List any 10 'affect words' used in counselling/therapy. **5**
- (b) Explain any 15 qualities of counsellors/ family therapists. **15**

3. (a) Discuss principles of ethics in counselling. 10
 (b) As a counsellor, giving case example, explain any one circumstance when you would breach client's confidentiality. 10
4. Giving examples, explain what factors can have an impact on the process and outcome of counselling/family therapy. 20
5. Discuss non-helpful verbal behaviours and non-verbal behaviours that can have an effect on counselling process. Support your answer with relevant examples. 20
6. (a) What is reflection in the counselling of a client ? 5
 (b) Explain the following : 5+5+5=15
 (i) Affective reflections
 (ii) Cognitive reflections
 (iii) Behavioural reflections
7. (a) Explain meaning of intake. With the help of an example describe the process of intake. 2+8=10
 (b) Discuss important issues to be remembered during the intake session. 10
8. (a) What are goals of therapy ? Differentiate between short and long term goals of therapy. 10
 (b) With the help of a case illustration, explain what are the challenges for establishing goals in family therapy. 10

9. Write short notes on any two of the following :

- (a) Steps in termination of therapy 10+10=20
 - (b) Process limits in counselling
 - (c) Cognitive restructuring
 - (d) Resistance handling techniques
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