

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY**

Term-End Examination

December, 2016

**MCFTE-001 : MARITAL AND FAMILY THERAPY
AND COUNSELLING**

Time : 2 hours

Maximum Marks : 50

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- Note :** (i) *Answer three questions in all.*
(ii) *Question No. 1 is compulsory.*
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1. Explain, giving examples, the conceptual, perceptual and behavioural assessment skills that a marital and family therapist needs to develop. **20**

OR

In the context of EFT, explain the following : **10+10**

- (a) Techniques of accessing and reformulating emotions; and
(b) Strategies for restructuring interactions between partners.

Give examples to support your answer.

OR

Analyse the contexts wherein marital enrichment can be beneficial. As a marital therapist, which marital areas will you typically address in a marital enrichment programme ? Explain with the help of examples. **10+10**

2. (a) Describe, giving examples, the differences between quantitative and qualitative approaches to research. 10
- (b) What is the significance of norms in the context of psychological testing? 5
3. (a) State the purpose of an interview in the context of marital and family therapy. 5
- (b) What are the factors that might reduce the marital therapist's sensitivity to the client? 5
- (c) Why is it important for a marital therapist to maintain neutrality? 5
4. (a) Describe the cognitive behavioural model of sexual dysfunction. 5
- (b) As a marital therapist, what are the precautions that you must observe in sex therapy? 10
5. Write short notes on **any three** of the following : 3x5=15
- (a) Active listening
- (b) Systemic foundations of EFT
- (c) Heightening
- (d) Experimental research design
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