

**Master of Science in Counselling and Family
Therapy / Post Graduate Diploma in
Counselling and Family Therapy
Term-End Examination
December, 2017**

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

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer any five questions.

(ii) All questions carry equal marks.

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1. (a) Explain the concept and principles of counselling. 10
(b) Describe the key factors for success in counselling. 10

 2. (a) State the salient features of humanistic approach to therapy. 10
(b) Enumerate the key assumptions of Gestalt therapy. Describe any two techniques used in Gestalt therapy. 5+5

 3. Discuss the highlights and focal areas of cognitive behavioural therapy for families. 20

 4. Critically analyse any five salient ethical issues in family therapy. 20

5. (a) What is career counselling ? Enumerate its distinctive features. 10
- (b) Discuss the key factors that influence career decisions. 10
6. (a) Explain the assumptions and nature of interventions in psychodynamic psychotherapy. 10
- (b) What is the salience of "transference" and "interpretations" in psychodynamic psychotherapy ? 10
7. (a) State the principles of solution focussed family therapy. 10
- (b) Enumerate the techniques used in solution focussed family therapy. 10
8. (a) Define the concept of psychoeducation. State the broad areas addressed in a psychoeducational programme. 10
- (b) Discuss the key features and significance of family psychoeducation. 10
9. Write short notes on **any four** of the following : 4x5=20
- (a) Enmeshment
- (b) Supportive Counselling
- (c) Acute Stress Disorder
- (d) Reflexive Questioning
- (e) Record Keeping
- (f) Circular Interview
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