

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

Term-End Examination

December, 2017

**MCFT-007 : COUNSELLING AND FAMILY
THERAPY APPLICATIONS AND
INTERVENTIONS**

Time : 3 hours

Maximum Marks : 100

*Note : Answer any five questions. All questions carry
equal marks.*

1. Discuss the problems faced by family therapist while working with joint family. 20
2. With help of a case illustration, describe how as a counsellor and family therapist would you help a gay/homosexual 22 year old in the 'coming out' process. 20
3. Suppose a child, identified as very aggressive, has been brought to you for therapy. Analyse the choice of therapeutic method you would employ. 20
4. (a) What do you understand by parenting skills training? Discuss five important suggestions you would give to parents of distressed children. 10
(b) Why is it important for parents of children with disabilities to accept their child's condition? Explain. 10

5. "In the present times, a rapid increase is seen in the incidences of deliberate self-harm especially among the youth of the country". Do you agree with this statement? Substantiate your answer with how to manage this problem. 20
6. Explain how would you do assessment of substance use disorder among a 42 year old female who is alcoholic. 20
7. With help of examples, discuss :
- (a) Gender roles and gender biases impacting mental health of women. 10
 - (b) Discuss gender differences in mental health problems. 10
8. Describe any five mental health problems existent among older people. 20
9. Write short notes on any four of the following : 4x5=20
- (a) Pranayama
 - (b) Molestation
 - (c) Assertiveness training
 - (d) Dysfunctional triangles
 - (e) Bipolar disorder
 - (f) Risk and resilience
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