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MCFT-003

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

Term-End Examination, 2019

MCFT-003: COUNSELLING AND FAMILY THERAPY:
BASIC CONCEPTS AND THEORETICAL
PERSPECTIVES

Time: 3 Hours]

[Maximum Marks: 100

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

- Describe the humanistic approach to therapy. Explain any two types of humanistic therapies. [20]
- Explain the concept of family therapy. Discuss any three techniques that are used for assessment in family therapy.
- State the assumptions of psychodynamic psychotherapy.

 Explain the phenomena of "resistance", "transference",

 "counter transference" and "confrontation" in the context

 of psychodynamic psychotherapy.

 [20]

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- Discuss the skills and characteristics which you should 4. [20]develop as a group counsellor.
- Enumerate the principles of solution focussed family 5. therapy. Describe the significance of exception questions [20]

and scaling questions.

- As a systemic family therapist, what are the guidelines 6. for the therapeutic sessions and the strategies fo intervention that you are likely to adopt? Explain giving
- [20 examples. What is the primary focus of supportive counselling ' 7. Discuss the strategies used in providing supportive
- counselling. State the meaning and relevance of social skills. Describ 8.

[20

[20

the techniques commonly used in social skills therapy.[20

Write short notes on any four of the following:

- Trait factor theory
- Confidentiality

ASD

9.

(i)

(ii)

(iii)

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- (iv) Cognitive behaviour modification
- (v) Ego states

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