

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

**Term-End Examination,**

**December 2019**

**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. Discuss the role of the self of the therapist with reference to any four theoretical approaches. 20
2. Explain the principles of ethics in counselling and family therapy. 20
3. Analyse the importance of communication skills for the counsellor/family therapist. Briefly describe any five leads commonly used by a counsellor/therapist in communicating with the client. 20
4. Describe the various ways in which conflicts may be dealt with. Give examples to support your answer. 20

(2)

5. State the importance of 'Reassurance' in the process of counselling or family therapy. Outline ways in which reassurance can be provided to the client. Give examples to support your answer. 20
6. Discuss, giving examples, techniques utilizing clients interpretations for facilitating change. 20
7. What do you mean by "Intake"? Describe the process of intake. Explain the important points that should be kept in mind while conducting intake. 20
8. Discuss goals of family therapy and how they are created. Outline the challenges faced in establishing goals in family therapy. 20
9. Write short notes on any four of the following:  
4×5=20
  - i) Effective handling of silence
  - ii) Life skills education
  - iii) Empty chair technique
  - iv) Purpose of reflection
  - v) Resistance to change

