

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

**Term-End Examination,**

**December 2019**

**MCFTE-003: SUBSTANCE ABUSE  
COUNSELLING AND FAMILY THERAPY**

*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. Write short notes on **any four** of the following in about **150 words each**: 4×5=20
  - a) Elements of Psychosocial rehabilitation
  - b) Solution-Focused therapy
  - c) Self help approach
  - d) Psychoeducation
  - e) Hierarchy of safer practice messages for IDUs
  - f) The family disease model
  
2. "Family of a person with substance abuse adopts a specific role for each of its members". Do you agree with this statement? Give reasons to support your answer. Describe the various family roles that can be taken by various family members. 15

(2)

3. Discuss how injecting drug use increases HIV risks and vulnerabilities. 15
  
4. What is Relapse prevention therapy? As a counsellor and family therapist, describe two, RPT intervention techniques that you would recommend to a teenager restraining from taking cigarettes, bidis, etc. 15
  
5. How does consumption of Tobacco develop dependence? Describe the 5A's and 5R's Approach used for Tobacco cessation? 15

