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MCFT-003

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)**

Term-End Examination

December, 2020

**MCFT-003 : COUNSELLING AND FAMILY
THERAPY : BASIC CONCEPTS AND THEORETIC
PERSPECTIVES**

Time : 3 Hours

Maximum Marks : 100

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

1. With the help of a case illustration, describe a client suffering from recurrent depressive disorders with inadequate coping skills and interpersonal problems with mother-in-law. 20

2. Define career counselling. Discuss the various factors that can influence a career decision in one's life. Give examples to support your answer. 20
3. What does the term 'crisis' mean ? Outline the outcomes for a person in crisis. 20
4. Discuss the basic assumptions of Rogers' person-centered counselling. 20
5. Describe the *four* essential elements of any psychoeducational programme. Explain giving examples, the broad areas that one needs to address in a typical psychoeducational programme. 20
6. What do you understand by 'defense mechanisms' ? With the help of examples, describe any *three* defense mechanisms. 20
7. What is the objective of solution focussed family therapy ? Discuss any *three* types of questions usually asked in solution focussed family therapy. 20

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8. Describe the role of the family therapist in systemic family therapy. 20
9. Write short notes (in about **150** words each), on any *four* of the following : 5 each
- (i) Reframing
 - (ii) Feedback
 - (iii) Resistance to therapy
 - (iv) Homework tasks
 - (v) Effective listening
 - (vi) Trait-factor theory