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**MCFT-004**

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

**Term-End Examination**

**December, 2022**

**MCFT-004 : COUNSELLING AND FAMILY  
THERAPY : APPLIED ASPECTS**

*Time : 3 Hours*

*Maximum Marks : 100*

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**Note :** Answer any *five* questions in *600-800* words each. All questions carry equal marks.

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1. What do you understand by 'Self of the therapist' ? Analyse the role of the self of the counsellor/family therapist in the context of any *three* theoretical approaches. 20

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2. Discuss, giving examples, the ethical principles for human subjects research. 20
3. Analyse the importance of communication skills in the counselling/family therapy process. 20
4. What are the common causes of matrimonial disputes ? Explain 'matrimonial mediation' and its significance. 20
5. Delineate the aspects which should be followed when creating therapeutic goals. Explain with the help of a case study. 20
6. Explain the process of intake. Discuss the points that need to be kept in mind while conducting intake. 20
7. As a counsellor/family therapist, what are the various types of clarification methods that you would use ? Support your answer with suitable examples. 20
8. Discuss the challenges in family therapy. 20

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9. Write short notes (in about **150** words each) on any *four* of the following :  $4 \times 5 = 20$

- (i) Therapeutic relationship in couples' therapy
- (ii) Psychodrama
- (iii) Dangers of inadequate structuring
- (iv) SFSR
- (v) Systematic desensitization