

No. of Printed Pages : 3

MCFT-003

**MASTER OF SCIENE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)
Term-End Examination
December, 2023**

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

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt any **five** questions in about
600 words each. All questions carry equal
marks.*

1. Describe the listening and responding techniques that you would use, as well as the do's and don'ts you will observe in dealing with your client. Give examples to illustrate your answer. 20

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2. Explain 'Crisis Theory'. Describe the applications of crisis theory in day-to-day life. 20
3. Discuss the underlying approach in cognitive behavioural therapy. With the help of examples, describe the common cognitive distortions. 20
4. Explain the philosophical assumptions of the person-centered approach to counselling. 20
5. Describe the joining techniques used in structural family therapy, with the help of examples. 20
6. Discuss the principles of solution focussed family therapy. What are 'scaling questions' and 'exception questions'? 20
7. What do you understand by supportive counselling? What are the goals of supportive counselling for a person with mood disorder? 20
8. Discuss the importance of social skills therapy. What are the prerequisites before social skills therapy is planned? Explain with the help of examples. 20

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9. Write short notes, in about **150** words each, on any *four* of the following : 4×5=20

- (a) Countertransference
- (b) Resistance in family therapy
- (c) Existential anxiety
- (d) Questions as interventions
- (e) Role of precipitating factor in crisis