

**Master of Science in Counselling and Family  
Therapy / Post Graduate Diploma in  
Counselling and Family Therapy**

**Term-End Examination**

**June, 2013**

**MCFT-003 : Counselling and Family Therapy :  
Basic Concepts and Theoretical Perspectives**

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all. Question No. 1 is  
compulsory.*

1. Explain *any four* of the following : 5x4=20
  - (a) Difference between "family counselling" and "individual counselling"
  - (b) Psychotherapy
  - (c) Critical analysis of CBT
  - (d) Family mapping
  - (e) Phases of crisis development
  - (f) Relevance of social skills therapy
  
2. (a) List the key assumptions of psychodynamic approaches. 4  
(b) With reference to psychodynamic psychotherapy, discuss, giving examples, the concepts of "resistance", "transference", "countertransference, and "therapeutic dyad". 4x4=16

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| 3. | (a) | Discuss crisis theory in detail.  | 10 |
|    | (b) | Explain, with examples, the stages of crisis intervention which can be used in family therapy/counselling practice.         | 10 |
| 4. | (a) | Describe any two major concepts of person centered counselling.   | 5  |
|    | (b) | Explain and analyse the counselling process employed in person - centred counselling. Support your answer with examples.    | 15 |
| 5. | (a) | In the context of group counselling, describe qualities that a group leader should have.                                    | 10 |
|    | (b) | Explain formation of a group for counselling purposes. Discuss the stages involved, giving examples.                        | 10 |
| 6. | (a) | Discuss indications and contraindications for structural family therapy.  | 10 |
|    | (b) | Explain the use of joining techniques in structural family therapy.   | 10 |
| 7. |     | Giving example(s), explain the use of integrated approach to family therapy to resolve marital conflict between the couple. | 20 |

8. (a) Discuss the guidelines that should be followed when conducting a therapeutic interview. Support your answer with examples. 10
- (b) Delineate different types of questions that can be used in family interviewing. Give examples to illustrate the different types of questions. 10
9. Write on *any two* of the following : 10x2=20
- (a) Characteristics of a supportive counsellor
- (b) Family psychoeducation
- (c) Techniques used in strategic family therapy
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