

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY**

Term-End Examination

June, 2013

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

Time : 3 hours

Maximum Marks : 100

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

1. Explain *any four* of the following in about $4 \times 5 = 20$ 150 words each :
 - (a) Family hypothesis
 - (b) Circularity
 - (c) Genogram
 - (d) Cognitive reflection
 - (e) Body awareness
 - (f) Role play

2. As a practising counsellor, in an urban 20 metropolitan city, discuss how would you deal with your clients belonging to different SES and multicultural background.

3. (a) As a family therapist, explain how you would define the concept of self of the therapist. **10**
- (b) Explain the role of the self of the therapist as given in any two theoretical approaches. **10**
4. Explain *any two* of the following : **2x10=20**
- (a) Play therapy
- (b) Empty chair technique
- (c) Socio drama
5. (a) How can conflicts be resolved ? **10**
- (b) With the help of examples, outline types of conflicts. **10**
6. Describe structuring techniques used as relationship building strategies. **20**
7. (a) Discuss the role of therapist in helping clients cope with difficult situations. **10**
- (b) Describe counter transference in detail. **10**
8. With the help of an illustration, explain middle phase of family therapy in detail. **20**
9. What are the aspects to be kept in mind by the family therapist/counsellor during intake ? **20**
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