

**Master of Science in Counselling and Family
Therapy**

Term-End Examination

June, 2013

**MCFT-007 : Counselling and Family Therapy
Applications and Interventions**

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 **150 words** each : **4x5=20**
 - (a) 'Pranayama'
 - (b) Delirium
 - (c) Problems experienced by children of alcoholics
 - (d) Burden of caregiving
 - (e) Developmental tasks of the family life cycle stages
 - (f) Punishment
 - (g) Sources of emotional problem in children.

2. Why is it important for parents of children with disabilities to accept their child's condition ? **20**
Describe types of disabilities.

3. Explain causes of school difficulties. Support your answer with relevant examples. **20**

4. Discuss how does joint family influence the personal domain of individual members. Outline the circumstances that pose difficulty for a family therapist in the context of a joint family. **20**
5. With help of a case description, explain the process of counselling for divorcing couples. **20**
6. (a) Explain family systems - illness model. **10**
 (b) Discuss how family adapts to illness. **10**
7. Discuss protective factors within families of individuals with substance abuse that we should seek to foster and strengthen in the course of counselling and family therapy. **20**
8. (a) What precautions should be taken into consideration while practising yogic 'asanas'? **10**
 (b) Describe technique and benefits of *any two* of the following yoga practices : **5+5**
 (i) 'Bhuja-valli Sakti Vikasaka'
 (ii) 'Bhujangasana'
 (iii) 'Ardha Ustrasana'
 (iv) 'Mani Bandha Sakti Vikasaka'
9. What do you understand by 'disaster' ? Describe categories of traumatic experiences/disaster, giving relevant examples. **5+15**