

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

**Term-End Examination**

**June, 2016**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : (i) Answer five questions in all.*

*(ii) Question No. 1 is compulsory.*

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1. Explain any four of the following in about 150 words each : 4x5=20
- (a) Gestalt therapy.
  - (b) Key factors for success of any counselling.
  - (c) Similarities between counselling and psychotherapy.
  - (d) Social learning theory approach to career counselling.
  - (e) Goals of a person - centered counselling approach.
  - (f) Scaling questions
  - (g) Therapeutic paradox.
2. Explain family interviewing as a therapeutic interview intervention being used in systemic family therapy. 20

3. Discuss the basic steps of crisis management with help of an example. 20
4. (a) Explain definition of a problem in systemic family therapy with help of an example. 10  
 (b) Describe role and importance of working with co-therapist in systemic family therapy. 10
5. (a) Discuss key concepts of cognitive behavioural family therapy. 10  
 (b) Explain the process of clinical assessment in cognitive behavioural family therapy. 10
6. (a) What is group counselling ? Discuss any ten skills of a group leader. 10  
 (b) Explain formation of a group for counselling. 10
7. (a) List assumptions of psychodynamic approaches. 5  
 (b) Describe phases of psychodynamic psychotherapy with help of an example. 15
8. Discuss techniques used in social skills therapy, with examples. 20
9. Write short notes on **any two** of the following :  
 (a) Ventilation in counselling 2x10=20  
 (b) Restructuring  
 (c) Listening techniques  
 (d) Reflections in counselling