

00238 MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY

Term-End Examination

June, 2016

MCFT-004 : COUNSELLING AND FAMILY
THERAPY : APPLIED ASPECTS

Time : 3 hours

Maximum Marks : 100

- Note : (i) Answer any five questions.
(ii) All questions carry equal marks.

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1. Write short notes on any four of the following : 4x5=20
- (a) Needs of counsellors
 - (b) Informed consent to therapy
 - (c) Impact of disability in counselling situation
 - (d) Use of gestures and touch in counselling therapy
 - (e) Time limit of a session
 - (f) Family hypothesis
 - (g) Termination anxiety
2. (a) What ethical principles should be taken into consideration for research on human subjects ? 10
- (b) Explain how would you maintain professional approach while dealing with your clients. Support your answer with the help of two examples. 10

3. (a) Write down the 'Do's' a counsellor and family therapist needs to remember while initiating a counselling session. 10
- (b) Briefly explain the following : 5+5=10
- (i) The premature focus trap
- (ii) Therapist-client relationship in family therapy
4. Explain the following therapies : 10+10=20
- (a) Psychodrama
- (b) Playtherapy
5. (a) With the help of examples, describe affect focused verbal communication. 10+10=20
- (b) Discuss the techniques conducive to effective listening.
6. (a) As a counsellor, explain how would you increase client's involvement in therapy/ counselling, support your answer with example. 10
- (b) Explain the opening techniques used by an efficient counsellor/family therapist. 10
7. With the help of a case illustration, explain which principles should a counsellor/family therapist remember while selecting intervention strategies for the client. 20
8. Describe initial phase of a therapy in which a couple is meeting a counsellor/family therapist for their child showing temper tantrums. 20
9. Write short notes on **any two** of the following :
- (a) Possible reasons of seeking therapy 10x2=20
- (b) Issues in termination and follow up process
- (c) Circularity