

00220

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY**

Term-End Examination

June, 2016

**MCFTE-001 : MARITAL AND FAMILY THERAPY
AND COUNSELLING**

Time : 2 hours

Maximum Marks : 50

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

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

1. What are the various steps involved in Emotion Focussed Couples Therapy ? Explain with the help of a case example. 20

OR

What is the basic premise of cognitive behavioural sex therapy ? Describe the CBT steps for vaginismus. 5+15

OR

Describe common areas of marital difficulties of Indian couples in the initial stages of married life. As a marital and family counsellor and therapist, how would you help such a couple ? 10+10

2. (a) State the purpose of an interview in the context of marital and family therapy. 5
- (b) What are the principles that should be followed for an effective interview technique in the therapeutic context ? Explain with the help of examples. 10

3. (a) Describe, giving examples, the interrelationship between research and clinical practice in the field of marital and family therapy. 10
- (b) State the significance of reliability and validity of a research tool. 5
4. (a) Explain the relative advantages and disadvantages of interview and self report scale. 10
- (b) How can you enhance the effectiveness of a self report scale ? 5
5. Write short notes on **any three** of the following :
- (a) Types of emotions 3x5=15
- (b) Focus group discussion
- (c) Empathic conjectures and interpretations
- (d) Quantitative and qualitative research
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