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MCFT-004

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY/POST GRADUATE  
DIPLOMA IN COUNSELLING AND  
FAMILY THERAPY  
(MSCCFT/PGDCFT)**

**Term-End Examination**

**June, 2019**

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

*Time : 3 Hours*

*- Maximum Marks : 100*

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*Note : Answer any five questions. All questions  
carry equal marks.*

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1. Discuss therapeutic skills necessary to be an effective counsellor and family therapist. Explain any *five* common therapist traps. 20
2. Describe the role and characteristics of therapeutic relationship with reference to

(A-30) P. T. O.

- psychodynamic psychotherapy and client-centered therapy. 20
3. Explain any *five* techniques which facilitate counselling and family therapy. 20
4. Discuss the main features of mediation. Explain the steps involved in the mediation process. 20
5. What do you understand by reflection ? Why is reflection important in therapeutic relationship ? With the help of examples, discuss features which can cause difficulties in the process of reflection. 20
6. Describe strategies for managing physical and emotional distress. 20
7. Explain the assessment process in the initial phase. Briefly describe the essential components of a family formulation. 20
8. Describe indicators for planned termination of therapy. Outline steps that comprise the termination phase of therapy. 20

[3]

9. Write short notes on any *four* of the following :

4×5=20

- (i) Client motivation
- (ii) Play therapy
- (iii) Active listening
- (iv) Meaning and importance of life skills
- (v) Sources of countertransference feelings