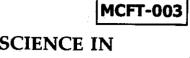
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MASTER OF SCIENCE IN COUNSELLING AND FAMILY THERAPY/POST GRADUATE DIPLOMA IN COUNSELLING AND FAMILY THERAPY

Term-End Examination-2020

MCFT-003 : COUNSELLING AND FAMILY THERAPY : BASIC CONCEPTS AND THEORETICAL PERSPECTIVES

Time : 3 Hours]

[Maximum Marks : 100

Note: Answer any five questions. All questions carry equal

- marks.
- Explain the concept of counselling and its key principles. Describe any one model of counselling.
 20
- 2. With the help of a case illustration, explain marital problems in the couple reflected in the child's pathology. 20
- 3. What is family interviewing? Briefly describe the guidelines that you, as a family therapist, would keep in mind while conducting a therapeutic interview.

- 4. What are social skills? Discuss social skills therapy for children with ADHD. 20
- 5. State the basic assumptions of structural family therapy. Give examples to support your answer.

20

- With the help of examples, briefly discuss therapeutic processes in solution focussed family therapy.
 20
- Explain the importance of the termination phase in psychodynamic psychotherapy. Describe any one model of short-term psychodynamic psychotherapy.
 20
- 8. Describe the core conditions for providing personcentered counselling. State the limitations of person centered counselling. 20
- 9. Write short notes in about 150 words each on <u>any</u> four of the following: 5×4=20
 - (i) Congruence
 - (ii) Group psychotherapy
 - (iii) Intake
 - (iv) Coping questions
 - (v) Situational crisis
 - (vi) Aims of career counselling
 - (vii) Contraindications to family therapy

MCFT-003 / 1550