

**MASTER OF SCIENCE IN COUNSELLING
AND FAMILY THERAPY / POST GRADUATE
DIPLOMA IN COUNSELLING AND FAMILY
THERAPY
Term-End Examination
June, 2021**

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

Time : 3 hours

Maximum Marks : 100

Note : Answer any **five** questions in about 600 words each.
All questions carry equal marks.

1. What do you understand by 'Existential Approach to Counselling' ? Explain the key concepts of this approach. 20
2. Discuss the basic principles of cognitive therapy. 20
3. Describe any four restructuring techniques used in structural family therapy, with the help of examples. 20
4. What is 'problem' in systemic therapy ? Explain some ways in which 'system' can be changed. 20

5. What are the key principles for counselling ? In brief, explain steps in the counselling process. 20
6. Explain the characteristics of a counsellor and the importance of client-counsellor relationship in supportive counselling. 20
7. How will you evaluate an action plan for crisis resolution ? Discuss with the help of a case illustration. 20
8. Describe the techniques used in career counselling. 20
9. Write short notes on any **four** of the following in about 150 words each : $4 \times 5 = 20$
- (a) Circular Causality
 - (b) Family Counselling
 - (c) Reassurance
 - (d) Stress
 - (e) Irrational Beliefs
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