

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

**Term-End Examination**

**June, 2021**

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

*Time : 3 hours*

*Maximum Marks : 100*

---

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

---

1. A forty-year-old woman has sought individual therapy. She is married, has two children and works in government service. She complains about her husband abusing alcohol. From the description given to you, he is not physically or verbally abusive and uses alcohol as a way to cope with stress at work. She wants you to provide ways in which she can get him to stop drinking alcohol. What suggestions would you give to her ? Discuss.

20

2. What are the reasons for various ethical practices in the field of counselling and family therapy ? What are the sources of unethical practices ? List principles of ethics and explain them. 20
3. Discuss helpful verbal and non-verbal communication skills during counselling/family therapy. Give example(s) to support you answer. 20
4. What are the factors which characterise family and matrimonial disputes ? Discuss with the help of a case illustration. 20
5. What do you understand by Reflection ? Discuss any two types of reflections which are used in counselling relationship, with the help of examples. 20
6. Discuss any four strategies used for managing physical and emotional distress in a client. 20
7. Explain the issues to remember while conducting intake. Briefly describe the process of intake. 20

8. A married couple with a three-year-old child has sought counselling/family therapy from you. Discuss the reasons why the couple has sought intervention, by giving case illustration and explain what intervention you did. 20
9. Write short notes on any **four** of the following in about 150 words each : 4×5=20
- (a) Mediation
  - (b) Reframing
  - (c) Circularity
  - (d) Self-disclosure
  - (e) Humour
-