

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY (MSCCFT)**

**Term-End Examination**

**June, 2021**

**MCFT-007 : COUNSELLING AND FAMILY  
THERAPY : APPLICATIONS AND INTERVENTIONS**

*Time : 3 hours*

*Maximum Marks : 100*

**Note :**

*Answer any **five** questions in about 600 words each.*

*All questions carry equal marks.*

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1. Suppose the parents of a 10-year-old come to you with the complaint that he has become very quiet and withdrawn. What methods of assessment will you use in this case ? Discuss any two types of therapy that would be beneficial. 20
2. Describe the clinical features and management of autism. What supportive role can you play as a counsellor and family therapist ? 20

3. Discuss socio-cultural factors and complicating issues in separation/divorce, with particular reference to our country. 20
4. What do you understand by Heterosexism and Homophobia ? Outline the likely consequences of 'coming out' and of not doing so. 20
5. Discuss psychosocial approaches for treatment of substance abuse. Give examples to support your answer. 20
6. What is Self-harm ? With the help of examples, analyse risk factors associated with self-harm and suicide. 20
7. Describe the common mental health problems of the elderly. With the help of examples, discuss the need to provide emotional support to older people with health problems. 20
8. Discuss the interaction between biological and social vulnerability in the context of mental health of women. How can gender biases be managed to promote mental health across genders ? 20

9. Write short notes on any **four** of the following in about 150 words each : *4×5=20*

- (a) Same sex relationships
  - (b) Group counselling with children with behavioural problems
  - (c) Advantages of extended/joint families
  - (d) Supportive therapy
  - (e) Sexual abuse of children
  - (f) Yoga and well-being
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