

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

Term-End Examination

June, 2022

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

Time : 3 hours

Maximum Marks : 100

Note : Answer any **five** questions in 600 – 800 words each.
All questions carry equal marks.

1. What is career counselling ? Discuss the factors that influence career decisions. 20

2. Explain levels of empowerment. Describe with the help of examples, intervention in the context of Empowerment Theory. 20

3. Discuss the differences between Psychoanalysis and Psychodynamic psychotherapy. 20

4. Explain giving examples, the concepts of “Ego States” and “Life Scripts” in Transactional Analysis. 20

5. Highlight the key features of Solution Focused Family Therapy. What is the importance of “exception questions” and “scaling questions” in this therapeutic approach ? 20

6. If you are a cognitive behavioural family therapist, what basic assumptions would you be making about your clients ? Analyse any four common cognitive distortions. 20

7. Why is it essential for the counsellor/family therapist to have effective listening skills ? Give examples to support your answer. 20

8. Define “Supportive Counselling”. Describe the techniques which are commonly used for providing supportive counselling. 20

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

- (a) Characteristics of Dysfunctional Families
 - (b) Concept of Counselling
 - (c) Triangle of Conflict
 - (d) Neutrality
 - (e) Homework Tasks
 - (f) Informed Consent in Counselling
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