

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

Term-End Examination

June, 2022

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

Time : 3 hours

Maximum Marks : 100

Note : Answer any **five** questions in 600 – 800 words each.

All questions carry equal marks.

1. Discuss, giving examples, the concerns of beginning counsellors and family therapists. 20
2. As a counsellor/family therapist, which principles of ethics would you be adhering to ? Explain these ethical principles, with the help of examples. 20

3. Analyse the client factors which have an impact on the counselling/family therapy process. 20

4. Describe the various types of effect focused verbal communication that occurs during the counselling/family therapy process. Give examples to support your answer. 20

5. What do you understand by “structuring” ? Explain the common structuring techniques. 20

6. As a counsellor/family therapist, what are the methods that you would use for interpretation of the clients’ behaviours, thoughts and feelings ? Enumerate the guidelines that you would keep in mind while interpreting. 20

7. Discuss the aspects that need to be borne in mind when conducting counselling or family therapy. 20

8. Explain, with the help of examples, goals for middle phase of therapy. 20

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

- (a) Bodin's concept of Therapeutic Working Relationship
 - (b) Sociodrama
 - (c) Effective Handling of Silences
 - (d) Countertransference
 - (e) Referral
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