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MCFT-004

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

Term-End Examination

June, 2024

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

Time : 3 Hours

Maximum Marks : 100

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

1. What is mediation ? Discuss the process of mediation with help of an example. 20
2. Describe non-verbal skills used by a counsellor and family therapist during therapy. 20
3. "Counsellors should be able to reinvent themselves." What are your comments on this statement ? Discuss it with the help of concrete examples. 20

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4. Discuss ethics in psychological assessment. 20
5. What are the common goals of family therapy ? Discuss assessment process in initial phase. 20
6. Explain any two methods of experiential awareness techniques. 20
7. What do you understand by the term 'Countertransference ?' 20

Or

Discuss how a beginner therapist can resolve countertransference feelings.

8. What are the challenges in family therapy during middle phase ? Discuss with the help of examples. 20
9. Explain **any four** of the following in about 150 words each : $4 \times 5 = 20$
 - (a) Time out
 - (b) Termination anxiety.
 - (c) Reflection
 - (d) Progressive relaxation training.
 - (e) Therapist trap.
