

00423

**Master of Science in Counselling and Family  
Therapy and Post Graduate Diploma in  
Counselling and Family Therapy**

**Term-End Examination**

**June, 2011**

**MCFT - 003 : Counselling and Family Therapy :  
Basic Concepts and Theoretical Perspectives**

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all. Question No. 1 is  
compulsory.*

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1. Explain *any four* of the following 4x5=20
    - (a) Family counselling
    - (b) Genogram
    - (c) Social skills therapy
    - (d) Career counselling
    - (e) Neutrality
    - (f) Assumptions of strategic family therapy
  
  2. (a) What do you understand by 'circular questioning' ? Giving a detailed example, describe the use of circular questioning during a family therapy session. 5+10
  
  - (b) What are the essential characteristics that a counsellor must possess to effectively provide supportive counselling ? 5

3. Describe in detail the integrated approach to family therapy. Give an example to support your answer. **20**
4. (a) Discuss the key concepts of cognitive behavioural family therapy. **10**  
(b) Describe the common cognitive distortions. **10**
5. (a) In the context of group counselling, highlight the essential skills in a group leader. **10**  
(b) Outline the stages involved in the development of a group. **10**
6. Describe the salient assumptions of structural family therapy. What are the applications of this approach to family therapy ? **10+10**
7. Discuss how you would use crisis intervention with your client. Give a case illustration to support your answer. **20**
8. (a) Describe the techniques of supportive counselling. **10**  
(b) Discuss the limitations of supportive counselling. **10**

9. Write short notes on *any four* of the following : 4x5=20
- (a) History of family therapy
  - (b) Intergenerational family theory
  - (c) Types of crisis
  - (d) Social learning theory in career counselling
  - (e) Resistance in family therapy
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