

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

Term-End Examination

June, 2011

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

Time : 3 hours

Maximum Marks : 100

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

1. Explain any *four* of the following in about
150 words each. 4x5=20
- (a) Steps of termination of therapy
 - (b) Process of intake
 - (c) Techniques of handling resistance
 - (d) Types of reflection
 - (e) Ethics in psychological assessment
 - (f) Psychodrama
2. Discuss in detail the essential skills for a counsellor and family therapist. 20

3. (a) What do you understand by self of the therapist ? 5
- (b) What is the role of therapeutic relationship in the following approaches ?
- (i) Psychodynamic approach 5
- (ii) Family therapy 5
- (iii) Couple's therapy 5
4. Explain how does a family therapist use non-verbal communication skills in therapy. Give suitable examples. 20
5. (a) What is mediation ? 5
- (b) Describe at least five situations in which mediation is used. 15
6. (a) What are life skills ? 5
- (b) Describe various methods that can be used to enhance life skills among the adolescents. Give examples to support your answer. 15

7. As a practising counsellor, describe any five difficult situations that you may find yourself in and state how you would handle these situations. 20
8. (a) Explain meaning of transference. 5
(b) What is countertransference ? 5
(c) Diagrammatically explain various situations in which development and resolution of transference relationship occurs. 10
9. Explain *any two* of the following : 10x2=20
(a) Experiential awareness techniques
(b) Cognitive restructuring
(c) Techniques used in family therapy
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