

No. of Printed Pages : 2

MCFT-007

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY (MSCCFT)**

Term-End Examination

December, 2024

**MCFT-007 : COUNSELLING AND FAMILY
THERAPY : APPLICATIONS AND INTERVENTIONS**

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt any **five** questions in about
600 words each. All questions carry equal
marks.*

1. What do you understand by demographic ageing ? Discuss the common physical and mental health problems faced by the elderly. 20
2. According to Yoga, what is stress and how can it be overcome ? Discuss the benefits of Asanas. 20
3. Analyse essential skills required to counsel families dealing with HIV/AIDS. 20

4. What is relapse prevention ? As a counsellor/family therapist, how would you use relapse prevention with your client ? Explain.20
5. Giving examples, discuss the do's and don'ts in counselling/family therapy involving a child. Explain the salience of 'joining' in the context of child therapy. 20
6. Discuss the steps involved in assessment of a child having school difficulties. 20
7. With the help of a case vignette, explain marital conflict in older couples. 20
8. As a counsellor/family therapist, explain the issues in intervention with a couple in same sex relationship. 20
9. Write short notes on any *four* of the following in about **150** words each : $4 \times 5 = 20$
 - (i) Cultural sensitivity in counselling
 - (ii) Qualities of a good counsellor
 - (iii) Motivation enhancement
 - (iv) Diabetes
 - (v) Coming out phase
 - (vi) Cohabitation

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