

No. of Printed Pages : 2

MCFTE-003

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

Term-End Examination

December, 2024

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING
AND FAMILY THERAPY**

Time : 2 Hours

Maximum Marks : 50

Note : *Question No. 1 is compulsory. Answer any
two questions from Question No. 2 to 5 in
about 500 words each. Answer three
questions in all.*

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

- (a) Concept of harm reduction
- (b) Substance abuse in adolescents
- (c) Significance of prevention intervention
- (d) Role of pharmacotherapy in treatment of substance use

- (e) Self-help approach to treatment of substance use
 - (f) Behavioural contracting
2. Discuss, giving examples, the barriers to treatment-seeking that women substance users often face. 15
 3. Explain the features of Motivation Enhancement Therapy. What, in your view, is the usefulness of a decisional balance sheet ? 15
 4. How does tobacco produce dependence ? Describe the 5 R's approach to tobacco cessation. 15
 5. Describe the significance of lifestyle change for the treatment of substance use disorder. Give examples to support your answer. 15

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