

No. of Printed Pages : 3

MCFT-002

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)
Term-End Examination
December, 2025**

**MCFT-002 : MENTAL HEALTH AND
DISORDERS**

Time : 3 Hours

Maximum Marks : 100

Note : (i) *Attempt any five questions in about
600-800 words each.*

(ii) *All questions carry equal marks.*

1. How do behavioural techniques help the patient ? Illustrate with the help of examples. 20
2. What is chronic physical illness ? What can be done to handle different personality traits while treating a physical disorder ? 20
3. Discuss various intervention strategies for children with visual impairment. 20
4. Discuss the role of counsellor and family therapist in psychosocial rehabilitation. 20
5. What is psychoeducation ? How does psychoeducation help in the treatment of schizophrenia ? 20
6. Discuss the causes of substance abuse and dependence in the Indian context. Describe consequences of substance use on family. 20

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7. Describe the differences between normal grief and abnormal grief. Discuss the measures needed to handle abnormal grief.

20

8. Define the term 'somatoform disorder' and describe the clinical characteristics of this disorder.

20

9. Write short notes on any *four* of the following in about **150-200** words each :

4×5=20

- (a) Obsessive-compulsive disorder
- (b) Adaptive skills
- (c) Cognitive Behavioural Therapy
- (d) Hearing loss
- (e) Mania
- (f) Child sexual abuse

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