

No. of Printed Pages : 3

**MCFT-003**

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY/POST GRADUATE  
DIPLOMA IN COUNSELLING AND  
FAMILY THERAPY  
(MSCCFT/PGDCFT)**

**Term-End Examination  
December, 2025**

**MCFT-003 : COUNSELLING AND FAMILY  
THERAPY : BASIC CONCEPTS AND  
THEORETICAL PERSPECTIVES**

*Time : 3 Hours*

*Maximum Marks : 100*

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

(ii) *All questions carry equal marks.*

1. Discuss the key assumptions of structural family therapy. Explain the characteristics of enmeshed and disengaged families. 20
2. Describe the key features of systemic family therapy. 20
3. What do you understand by crisis ? Discuss the basic steps of crisis management. 20
4. What is the primary focus of supportive counselling ? What are the strategies used for enhancing a person's self-esteem ? Support your answer with illustration. 20
5. When is CBT in the family context indicated ? Discuss CBT in family context with the help of examples. 20

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6. Discuss the factors that influence career decisions. Explain any *two* theories of career counselling. 20
7. Describe counselling process for person-centered counselling. 20
8. Describe basic/key concepts of transactional analysis. 20
9. Write short notes on any *four* of the following in about **150-200** words each :

4×5=20

- (a) Modeling
- (b) Transference
- (c) Resistance to therapy
- (d) Clarification
- (e) Genogram
- (f) Narrative therapy

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