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MCFT-004

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

Term-End Examination

December, 2025

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

Time : 3 Hours

Maximum Marks : 100

***Note** : Answer any **five** questions in
600-800 words each. All questions carry
equal marks.*

1. With the help of a case illustration, discuss termination phase of therapy for a couple who had sought help for marital discord issues. 20
2. What are the short-term and long-term goals of family therapy ? Discuss short-term and long-term goals of family therapy for the treatment of temper tantrums in a six-year old child. 20
3. Discuss opening techniques used for relationship building during therapy. 20
4. Differentiate between transference and counter-transference. Discuss resolution of counter-transference feelings during therapy. 20
5. Briefly describe any *two* of the following :
2×10=20
 - (a) Sociodrama
 - (b) Play therapy
 - (c) Psychodrama

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6. Discuss verbal and non-verbal communication behaviours that help in counselling therapy. 20
7. "Counsellors should be able to reinvent themselves." Do you agree with this statement ? Discuss it with the help of concrete examples. 20
8. Describe the important ethical issues in the therapist-client relationship. 20
9. Write short notes on any *four* of the following in about **150-200** words each :

4×5=20

- (a) Tracking
- (b) Mimesis
- (c) Client-centered therapy
- (d) Counsellor self-disclosure
- (e) Facial expression
- (f) Unplanned termination

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