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MCFT-007

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

**Term-End Examination
December, 2025**

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

Time : 3 Hours

Maximum Marks : 100

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

1. What are the common sources of emotional and behavioural problems of children ? Why is it important for the counsellor/family therapist to identify them in the counselling/therapy process ? Discuss, giving examples.

2. Discuss the significance of counselling and family therapy in the context of a child/adolescent with disability. Give examples to support your answer.
3. Analyse the dynamics and influence of extended/joint family on adolescents in the Indian context.
4. Describe any *five* techniques of medical family therapy.
5. Discuss the environmental causes of substance abuse and dependence.
6. Explain, giving examples, the key elements of crisis intervention.
7. Discuss, with the help of examples, the socio-psychological perspectives on gender differences in mental health.
8. How can the mental health problems in old age be addressed effectively ? Analyse, giving examples.

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9. Write short notes on any *four* of the following in **150-200** words each : 4×5=20

- (a) Triangular relationships
- (b) Principles of behaviour modification
- (c) Internalized homophobia
- (d) Caregiver burden
- (e) Therapeutic relationship
- (f) Assertiveness training

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