

No. of Printed Pages : 3

MCFTE-003

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

Term-End Examination

December, 2025

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

Time : 2 Hours

Maximum Marks : 50

Note : (i) Answer **three** questions in all.

(ii) Question No. 1 is compulsory.

(iii) Question Nos. 2 to 5 should be answered in about **450-500** words each.

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

4×5=20

- (i) Advantages family therapy intervention
 - (ii) Goals of treatment of substance use disorders
 - (iii) Behavioural contracting
 - (iv) Self help approach
 - (v) 5A's approach for tobacco cessation
 - (vi) Significance of psychosocial rehabilitation
2. Discuss family issues in substance use from a biopsychosocial perspective. Give examples to support your answer. 15
3. Suppose you are a counsellor and are trying to help a substance user who is showing resistance. Explain with the help of examples, the strategies you would use to defuse the client's resistance. 15

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4. Discuss prevention intervention focusing on adolescents. Outline the characteristics of an effective prevention programme. 15
5. Explain, giving examples, the principles and major components of relapse prevention therapy. 15

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