

No. of Printed Pages : 4

MCFT-003

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

Term-End Examination

June, 2025

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

Time : 3 Hours

Maximum Marks : 100

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

1. What are the differences between psychotherapy and counselling ? What are the indications of family counselling ? 20
2. Discuss any *five* major approaches of family therapy. 20
3. Discuss the differences between psychoanalysis and psychodynamic psychotherapy. What is the importance of the termination phase in psychodynamic psychotherapy ? 20
4. How would you provide assertiveness training to a client of yours who cannot take to her parents about her problems ? 20
5. What are some of the restructuring techniques used in structural family therapy ? Illustrate with examples. 20

6. How are the techniques used in solution focused family therapy different from the techniques used in strategic family therapy ? Discuss. 20
7. What do you understand by family interviewing ? How is this different from individual interviewing ? What are the necessary preparations for family interview session ? 20
8. What are the origins of crisis ? Describe the *four* phases in the development of crisis. 20
9. Write short notes on any *four* (in about **150-200** words each) of the following :

4×5=20

(a) Effective listening

- (b) Multigenerational family therapy
- (c) Family life cycle
- (d) Anger management
- (e) Congruence
- (f) Reframing

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