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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

June, 2025

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

Time : 3 Hours

Maximum Marks : 100

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

1. Discuss the skills required of a beginner counsellor and family therapist. 20
2. Compare the role of the therapist-client relationship in psychodynamic and client-centered psychotherapy. 20
3. Discuss any *ten* issues that impact counselling and family therapy. 20
4. Explain the process of middle phase of therapy with the help of an illustration. 20
5. What do you understand by reflection of feelings ? Why is it used in counselling relationship ? 20

6. List the uses of structuring techniques.

In structuring techniques, what are the types of limits that are to be discussed ?

20

7. Discuss the steps involved in termination phase of therapy.

20

8. As a counsellor/family therapist, discuss how would you handle silence during therapy.

20

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

4×5=20

(a) Intake

- (b) Passive listening
- (c) Record keeping
- (d) Alliance rupture
- (e) Interviewing skills
- (f) Reinforcement

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