

No. of Printed Pages : 3

MCFT-003

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

Term-End Examination

June, 2026

**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 words each. All questions carry equal
marks.*

1. What is a family ? Discuss functions and characteristics of healthy and dysfunctional families. Support your answer with relevant examples. 20
2. Discuss ethical issues in family therapy. 20
3. Explain the counselling process of person-centered counselling. 20
4. List down the key concepts of Berne's theory. Explain any *four* key concepts of transactional analysis. 20
5. Describe any *four* restructuring techniques used in structural family therapy. 20

6. Explain the process of systemic family therapy with the help of an example. 20
7. Discuss special issues to be considered during family interviewing session for family therapy. 20
8. Discuss the criteria for evaluating the action plan for crisis resolution. Discuss myths associated with persons in a crisis state. 15+5
9. Write short notes in about **150** words each on any *four* of the following : 4×5=20
- (a) Coping
- (b) Self-assertiveness training

- (c) Scaling questions
- (d) Homework/Assignment
- (e) Middle phase
- (f) Neutrality

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