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MCFT-004

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERPAY
(MSCCFT/PGDCFT)
Term-End Examination
June, 2026**

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

Time : 3 Hours

Maximum Marks : 100

Note : (i) Attempt any **five** questions in about
600 words each.

(ii) All questions carry equal marks.

1. Discuss the essential qualities of an effective counsellor and family therapist. 20
2. Explain the evolution of the concept of therapist-client relationship. Analyse the role of therapeutic relationship in cognitive behaviour therapy. 20
3. Describe, giving examples, any *five* intervention techniques which facilitate counselling and family therapy. 20
4. What are the advantages of using humour in a counselling session ? With the help of suitable examples, explain the use of affect focused verbal communication in counselling/family therapy. 20

5. What is the significance of listening skills in counselling and family therapy ? Explain any *five* techniques conducive to effective listening. 20
6. Discuss the skills required for ending of session. 20
7. Discuss important issues during conducting intake session. 20
8. What is transference ? Discuss the steps of development and resolution of the transference relationship. 20
9. Write short notes, in about **150** words each, on any *four* of the following : 4×5=20
- (a) Environment for therapy

- (b) Family choreography
- (c) Coping skill training
- (d) Referral
- (e) Neutrality
- (f) Group therapy

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