

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY (MSCCFT)
Term-End Examination**

June, 2026

**MCFT-007 : COUNSELLING AND FAMILY
THERAPY : APPLICATIONS AND
INTERVENTIONS**

Time : 3 Hours

Maximum Marks : 100

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

(ii) All questions carry equal marks.

1. Discuss any *five* salient issues and concerns in counselling and family therapy involving a child or adolescent. Give examples to substantiate your answer. 20

2. Analyze the common areas of conflict for young couples. Giving examples from present-day scenario, explain the complicating factors in couple relationship.
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3. Why is early identification and intervention important in the context of a child with a disability ? Discuss the significance of counselling and family therapy in the context of a child/adolescent with disability.
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4. With the help of examples, describe the problems that the counsellor or family therapist is likely to face while dealing with joint and extended families.
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5. Discuss the meaning, process, and implications of “coming out”. Give examples to support your answer.
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6. What are the common reasons for deliberate self-harm ? State any five do’s and don’ts for dealing with a case of deliberate self-harm.
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7. Discuss the importance of Yoga for healthy life. Explain the precautions to be taken when practising Yoga. 20
8. Suppose a 10 year-old girl and her parents have come to you. The girl has been sexually abused by a neighbour. Discuss the therapeutic interventions you would use to help this child. 20
9. Giving examples, discuss ageing and mental health in the present day Indian context. Analyze the need for providing emotional support to older persons with health problems. 20

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