

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

Term-End Examination

December, 2024

**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.

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1. What are the key principles for counselling ?
Discuss the steps involved in counselling process.

2. What is career counselling ? Discuss the factors that influence career decisions. Explain any *one* theory of career counselling. 20
3. What are defense mechanisms ? Describe some important defense mechanisms and their significance in psychodynamic psychotherapy. 20
4. As a counsellor, how would you communicate empathic understanding to the client in the therapeutic relationship ? 20
5. Describe processes in psychodynamic psychotherapy. 20
6. Discuss techniques used in strategic family therapy. 20
7. Explain systemic family therapy. 20
8. What do you understand by family interviewing ? How is it different from individual interviewing ? Give examples to support your answer. 20
9. (a) Discuss any *two* techniques used in supportive counselling. 10
(b) What are the disadvantages of supportive counselling ? Support your answer with the help of examples. 10

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