

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY**

(MSCCFT/PGDCFT)

Term-End Examination

December, 2024

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

Time : 3 Hours

Maximum Marks : 100

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

1. Discuss structuring techniques used for relationship building strategies. 20
2. Describe strategies that can be used for managing physical and emotional distress among clients. 20

3. With the help of a case example, discuss how counselling can be done in situation of crisis. 20
4. Explain Structural Family Systems Rating scale (SFSR). 20
5. Differentiate between short-term goals and long-term goals of family therapy. Support your answer with the help of examples. 20
6. Describe the following in about **150** words each : 4×5=20
 - (i) Joining
 - (ii) Tracking
 - (iii) Mimesis
 - (iv) Accommodation
7. Discuss the principles of ethics that should be followed by counsellors and family therapists. 20
8. What is play therapy ? Discuss the purpose of play therapy by giving suitable examples. 20
9. Discuss skills required for ending a therapeutic session. 20

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