

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

December, 2025

**MCFT-003 : COUNSELLING AND FAMILY
THERAPY : BASIC CONCEPTS AND
THEORETICAL PERSPECTIVES**

Time : 3 Hours

Maximum Marks : 100

Note : (i) *Attempt any **five** questions in about
600-800 words each.*

(ii) *All questions carry equal marks.*

A-16/MCFT-003

P. T. O.

1. Discuss the key assumptions of structural family therapy. Explain the characteristics of enmeshed and disengaged families. 20
2. Describe the key features of systemic family therapy. 20
3. What do you understand by crisis ? Discuss the basic steps of crisis management. 20
4. What is the primary focus of supportive counselling ? What are the strategies used for enhancing a person's self-esteem ? Support your answer with illustration. 20
5. When is CBT in the family context indicated ? Discuss CBT in family context with the help of examples. 20

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6. Discuss the factors that influence career decisions. Explain any *two* theories of career counselling. 20
7. Describe counselling process for person-centered counselling. 20
8. Describe basic/key concepts of transactional analysis. 20
9. Write short notes on any *four* of the following in about **150-200** words each :

4×5=20

- (a) Modeling
- (b) Transference
- (c) Resistance to therapy
- (d) Clarification
- (e) Genogram
- (f) Narrative therapy

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