

**C-4546**

**Sub. Code**

**97311**

**CERTIFICATE COURSE EXAMINATION**

**FAMILY THERAPY**

**APRIL 2021 EXAMINATION**

**&**

**APRIL 2020 ARREAR EXAMINATION**

**First Semester**

**INTRODUCTION TO FAMILY COUNSELLING**

**(2018 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define counselling.
2. What is an advice?
3. Expand EISPU.
4. Define attention.
5. What is immediacy?
6. What is self disclosure?
7. Define genuineness.
8. Define family.
9. What is marital satisfaction?
10. Define TA.

**Part B**

(5 × 5 = 25)

Answer **all** questions, either (a) or (b).

11. (a) Examine the need and scope of counseling.

Or

- (b) Distinguish between counseling and psychotherapy.

12. (a) Discuss the steps involved in counseling.

Or

- (b) Explain the basic counseling skills.

13. (a) Briefly examine the appropriateness of the use of self-disclosure.

Or

- (b) Discuss empathy as a skill to counseling.

14. (a) Briefly discuss the basic life positions in TA.

Or

- (b) Describe ego states.

15. (a) Briefly discuss family myths.

Or

- (b) Define and explain the characteristics of marriage.

**Part C**

(3 × 10 = 30)

Answer **all** questions, either (a) or (b).

16. (a) Give a detailed note on the history and evolution of counseling.

Or

- (b) Examine the demonstration and practice of counseling.

17. (a) List out the guidelines to write verbatim reports of counseling sessions.

Or

- (b) Elaborate on the psychological games used in transactional analysis.

18. (a) Give a detailed explanation of the process of discharge or catharsis of emotions.

Or

- (b) Elucidate on family life cycle and tasks.

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**C-4547**

**Sub. Code**

**97312**

**CERTIFICATE COURSE EXAMINATION**

**FAMILY THERAPY**

**APRIL 2021 EXAMINATION**

**&**

**APRIL 2020 ARREAR EXAMINATION**

**First Semester**

**PRINCIPLES AND TECHNIQUES OF FAMILY  
COUNSELLING — I**

**(2018 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is family counseling?
2. Define transference.
3. What is undifferentiated family ego mass?
4. What is emotional cutoff?
5. Define self psychology.
6. What is I position?
7. What is family reconstruction?

8. What is multiple family therapy?
9. What is double bind?
10. Define triangulation.

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Chalk out the importance of drive psychology.

Or

- (b) Discuss briefly the disorders treated by Psychoanalysis.

12. (a) What is object relation theory?

Or

- (b) Explain normal family development.

13. (a) What is empathy? explain its significance in counseling.

Or

- (b) Explain how emotional triangle is formed.

14. (a) Enumerate the process which transmit parents immaturity and lack of differentiation to children.

Or

- (b) Explain emotional fusion.

15. (a) Discuss the relationship experiments as a therapy technique

Or

- (b) Discuss multiple family therapy

**Part C** (3 × 10 = 30)

Answer **all** questions.

16. (a) Discuss the psychoanalytic model of normal family development.

Or

- (b) Throw light on theoretical formulations of family counseling.

17. (a) Enumerate the attachment theory.

Or

- (b) Describe basic tenets of imago therapy

18. (a) Explain how genogram guides the counselor to address problem maintain issues.

Or

- (b) Enumerate the characteristics of well adjusted families.

**C-4548**

**Sub. Code**

**97313**

**CERTIFICATE COURSE EXAMINATION**

**FAMILY THERAPY**

**APRIL 2021 EXAMINATION**

**&**

**APRIL 2020 ARREAR EXAMINATION**

**First Semester**

**PRINCIPLES AND TECHNIQUES OF FAMILY  
COUNSELLING — II**

**(2018 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Family sculpting
2. Structural family counseling
3. Double bind
4. Joining and accommodation
5. Cognitive Behaviour therapy
6. Family counselling
7. ROPES
8. Clear boundaries
9. Tailored techniques
10. Attitudes.

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Write a note on functional and dysfunctional communication in families.

Or

- (b) Discuss about the double bind.

12. (a) Discuss the significance of family puppet interview.

Or

- (b) Explain how affective confrontation used in family counseling.

13. (a) Explain the three axioms of structural family counseling.

Or

- (b) Discuss the theoretical formulations of structural family counseling.

14. (a) Mention the importance of joining and accommodation in counseling.

Or

- (b) Write a short note on behavioural disorders.

15. (a) Enlist the causes of marital discord.

Or

- (b) Define Reinforcement. Throw light on the types reinforcements.



**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Highlight the importance of cognitive behavioural approach to family counseling.

Or

- (b) Enlist the types of boundaries and discuss its characteristics.

17. (a) Elucidate the factors that leads to family dysfunction.

Or

- (b) Write a brief notes on normal family development.

18. (a) Discuss the history of behavioural counseling.

Or

- (b) Throw light on behavioural parental training.

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C-4549

Sub. Code

97321

**CERTIFICATE COURSE EXAMINATION**

**FAMILY THERAPY**

**APRIL 2021 EXAMINATION**

**&**

**APRIL 2020 ARREAR EXAMINATION**

**Second Semester**

**PRINCIPLES AND TECHNIQUES OF FAMILY  
COUNSELLING — III**

**(2018 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is strategic family counselling?
2. What is the difference between strategic and structural family counselling?
3. What is ordeal therapy?
4. What do you mean by paradoxical intervention?
5. Mention the new emergences in family therapy.
6. What do you understand by family sculpture?
7. What is psycho analysis?
8. Mention the different types of family systems.
9. Name the intentional dialogue exercises.
10. What is imago therapy?

**Part B**

(5 × 5 = 25)

Answer **all** questions, by choosing either (a) or (b).

11. (a) Describe the core concepts of strategic family counselling.

Or

- (b) Give a comparison of healthy families and dysfunctional families.

12. (a) How do you conduct a family counselling session?

Or

- (b) Describe the restraining strategies in family counselling.

13. (a) Describe the family counselling for one parent families.

Or

- (b) Explain genetic counselling.

14. (a) How is psychoanalysis used in family counselling?

Or

- (b) Describe the steps in imago technique.

15. (a) Give an account on experiential family therapy activities.

Or

- (b) Explain the concept of imago intentional dialogue.

**Part C**

(3 × 10 = 30)

Answer **all** questions, by choosing either (a) or (b).

16. (a) Explain the strategic family counselling model given by Jay Haley and Cloe Madanes.

Or

- (b) Explain the various treatment techniques of family counselling.

17. (a) Explain psycho dramatic techniques with suitable illustrations.

Or

- (b) Discuss the new emergences in family therapy.

18. (a) Elaborate on the special techniques in family therapy.

Or

- (b) Explain the family systems therapy techniques with suitable examples.
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**C-4550**

**Sub. Code**

**97322**

**CERTIFICATE COURSE EXAMINATION**

**FAMILY THERAPY**

**APRIL 2021 EXAMINATION**

**&**

**APRIL 2020 ARREAR EXAMINATION**

**Second Semester**

**SKILLS OF FAMILY COUNSELLING**

**(2018 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define psycho-geometrics.
2. List the various components of psycho-geometrics.
3. What do you understand by language of gift?
4. Why is it important to know about love languages?
5. What does 'intimacy' mean?
6. What is commitment? Give example.
7. State the importance of conflict management.
8. What are the benefits of positive communication?
9. What is good parenting?
10. List the types of parenting styles.

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Analyze which shape reflects your personality.

Or

- (b) Describe the importance of psychogeometrics in family counselling.

12. (a) Enumerate the words of affirmation and descriptive words of service.

Or

- (b) Elucidate the significance of language of service.

13. (a) Examine the role of passion in shaping the personality.

Or

- (b) Elaborate the positive traits for developing holistic love.

14. (a) Describe the five conflict management models.

Or

- (b) Explain the skills of positive communication.

15. (a) Describe the principles of good parenting.

Or

- (b) Critically examine the issues in parenting.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Explain the characteristics of different people corresponding to the shapes based on psycho geometrics.

Or

- (b) Discuss how the five love languages can improve healthy relationships.

17. (a) Explain the various aspects of love with suitable examples.

Or

- (b) Discuss the characteristics, types and strategies of conflict management.

18. (a) Elaborate the essential skills of family counselling.

Or

- (b) 'The sign of truly great parenting is the parent's behaviour' – comment on the statement.

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