

C-5497

Sub. Code

97311

**CERTIFICATE COURSES EXAMINATION,
NOVEMBER 2021**

First Semester

Family Therapy

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 guidance?
3. What is zone distance?
4. Define projective listening.
5. How can you value individuality?
6. Distinguish between primary and advanced empathy.
7. Define Ego states.
8. What is family counseling?
9. Define catharsis.
10. Define family life cycle.

Part B

(5 × 5 = 25)

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

11. (a) Elucidate on the ethics in the counseling profession.

Or

- (b) Distinguish between advice, guidance and psychotherapy.

12. (a) What are verbatim reports? Briefly enlist guidance to writing verbatim reports.

Or

- (b) Explain the different types of counsellor responses.

13. (a) Discuss concreteness.

Or

- (b) Elaborate on identifying themes as a component to empathy

14. (a) Enlist a few psychological games used in TA.

Or

- (b) Explain the different types of transactions in TA.

15. (a) Define marriage and explain marital satisfaction?

Or

- (b) What are the merits of a U shaped curve of marital satisfaction?

Part C

(3 × 10 = 30)

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

16. (a) Discuss the need and scope of counseling.

Or

- (b) Give a detailed explanation of the steps of counseling.

17. (a) Examine the dynamics of family interactions.

Or

- (b) Define Family and examine the family life cycle.

18. (a) Give a detailed account of the basic skills in counselling.

Or

- (b) Define transactional analysis and the examine its basic life positions.
-

C-5498

Sub. Code

97312

**CERTIFICATE COURSE EXAMINATION,
NOVEMBER 2021.**

First Semester

Family Therapy

**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 are drives?
2. Define focal hypotheses.
3. What is empathy?
4. Define emotional fusion.
5. What is triangulation?
6. What is multiple family therapy?
7. Define family sculpting.
8. What is self triangle?
9. What are Genograms?
10. What is coaching?

Part B

(5 × 5 = 25)

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

11. (a) What are the basic assumptions of psychoanalytic family counselling?

Or

- (b) What is the use of family counselling?

12. (a) Discuss the goals of therapy.

Or

- (b) List out the three levels to assess the marital relationship.

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

Or

- (b) Explain the internal dialogue process.

14. (a) Discuss the rules of emotional triangle.

Or

- (b) List out the types of sibling position and its significance in family.

15. (a) Explain therapy triangle in detail.

Or

- (b) Discuss how coaching helps in dealing with family problems.

Part C

(3 × 10 = 30)

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

16. (a) Discuss imago therapy in detail.

Or

- (b) How can problems related to conflict be handled?

17. (a) Enlist the characteristics of well adjusted families.

Or

- (b) Explain how displacement stories technique minimize defensiveness of family members.

18. (a) What is emotional cut off? Describe the forms of cut off in families.

Or

- (b) Explain Multigenerational Transmission Process.

C-5499

Sub. Code

97313

**CERTIFICATE COURSE EXAMINATION,
NOVEMBER 2021.**

First Semester

Family Therapy

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

(2018 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define Experiential family counseling.
2. What is puppet interview?
3. What is disengagement?
4. What is unbalancing?
5. Define insight.
6. What is double blind?
7. What is Ropes?
8. What are diffuse boundaries?
9. Define cognitive behavior therapy.
10. What are the types of reinforcement?

Part B

(5 × 5 = 25)

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

11. (a) Elaborate on theoretical formulations in experiential family counseling.

Or

- (b) Discuss the influence of preexisting rule on children.

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

Or

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

13. (a) Explain the subsystems in structural family counseling.

Or

- (b) List out the properties of family systems according to structural family counseling.

14. (a) Explain why structural family counselor challenge the belief of family members.

Or

- (b) Discuss the aim of unbalancing in family counseling.

15. (a) Explain briefly the treatment for sexual dysfunctions.

Or

- (b) Enlist the causes of marital discord.

Part C

(3 × 10 = 30)

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

16. (a) Explain four universal communication pattern that serve as defensive postures in coping with stress.

Or

- (b) “Treatments in experiential family counseling relies on curative power of the counsellor’s personality” – Discuss.

17. (a) Enlist the types of boundaries and discuss its characteristics.

Or

- (b) Elaborate on six major areas of assessing the family interactions.

18. (a) Discuss the contributions of Ivan Pavlov and Skinner to behavioural counseling.

Or

- (b) Enumerate the principles of behavioral couple counseling.
