

**C-5749**

**Sub. Code**

**97311**

**CERTIFICATE COURSE EXAMINATION, APRIL 2025**

**First Semester**

**Family Therapy**

**INTRODUCTION TO FAMILY COUNSELLING**

**(2023 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. What is the main focus of structural family therapy?
  - (a) changing individual thought patterns
  - (b) strengthening the parent-child bond
  - (c) restructuring family interactions and hierarchies
  - (d) exploring unconscious childhood conflicts
2. Which of the following aren't the advantages of group counselling?
  - (a) it helps save time and money
  - (b) it helps individuals to socialize
  - (c) it helps the individual to understand his/her values
  - (d) it is suitable for all individuals

3. The principle of extinction assures that emotional problems can be?
- (a) Unlearned
  - (b) Removed from your mental lexicon
  - (c) Derived from childhood experiences
  - (d) Become pre historic
4. Which of the following is not the type of counselling?
- (a) Marriage and family counselling
  - (b) Mental health counselling
  - (c) Substance abuse counselling
  - (d) Above an the type of counselling
5. Behaviour analysis is based upon the principles of
- (a) classical conditioning
  - (b) operant conditioning
  - (c) dream analysis
  - (d) all the above
6. Family therapy is based on the theory that family is a system, a unit in which the members are acting and reacting to \_\_\_\_\_
- (a) their siblings only
  - (b) their parents only
  - (c) one another
  - (d) all the answers are correct
7. According to the psycho dynamic view dream analysis is one of the central tenets of
- (a) psychoanalysis
  - (b) cognitive behaviour therapy
  - (c) humanistic therapy
  - (d) client centred therapy

8. Family theory is generally used to
- (a) improve communications between members of the family
  - (b) attempts to understand the family as a social system
  - (c) resolve specific conflicts
  - (d) all the above
9. What term describes the emotional intensity that is transmitted across generations within a family system?
- (a) emotional cutoff    (b) differentiation of self
  - (c) triangulation        (d) chronic anxiety
10. Who introduced the concept of the multigenerational transmission process?
- (a) Sigmund Freud    (b) Murray Bowen
  - (c) Carl Rogers        (d) B.F. Skinner

**Part B**

(5 × 5 = 25)

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

11. (a) Define the term family and family myths.

Or

- (b) Write short note on normal family development.

12. (a) Explain the concept of triangulation.

Or

- (b) Write the role of family counselling.

13. (a) Give a brief note on multiple family therapy.

Or

- (b) Write the characteristics of marriage.

14. (a) What are the treatment techniques for behaviour disorders?

Or

(b) Family projection process - Discuss

15. (a) Write treatment techniques of family counselling.

Or

(b) What is displacement stories?

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss about Burry Bowen family system counselling.

Or

(b) Freudian Drive psychology - Explain.

17. (a) Explain the characteristics of therapist's roles.

Or

(b) Discuss in detail about family life cycle and tasks.

18. (a) Explain the multigenerational transmission process.

Or

(b) Describe the v-shaped curve of marital satisfaction.

19. (a) What is family therapy? Explain and its characteristics.

Or

(b) Write short note on :

(i) Goals of therapy

(ii) Object relations theory.

20. (a) Discuss in detail about nuclear family.

Or

(b) Explain the psychoanalytic family counselling.

**C-5750**

**Sub. Code**

**97312**

**CERTIFICATE COURSE EXAMINATION, APRIL 2025**

**First Semester**

**Family Therapy**

**PRINCIPLES AND TECHNIQUES OF  
FAMILY COUNSELLING**

**(2023 onwards)**

Duration : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is a technique used in structural Family Therapy?
  - (a) Free Association    (b) Enactment
  - (c) Dream Analysis    (d) Systematic Desensitization
2. Cognitive behaviour family therapy is particularly effective for families dealing with
  - (a) Severe Personality disorders
  - (b) Communication and behavioural problems
  - (c) Repressed childhood trauma
  - (d) Existential crises
3. Network Therapy is primarily used for
  - (a) Treating severe depression
  - (b) Addressing substance abuse and addiction
  - (c) Managing childhood trauma
  - (d) Dream analysis

4. Who developed Network Therapy?
  - (a) Salvador Minchin
  - (b) Aaron Beck
  - (c) Barry Stimmel
  - (d) Carl Jung
5. Crestalt therapy primarily Focuses on
  - (a) Exploring fast traumatic experiences
  - (b) The present moment and self-awareness
  - (c) Diagnosing mental disorders
  - (d) Analysing dreams for childhood
6. Psychodrama primarily involves
  - (a) Written exercises and Journaling
  - (b) Role-playing and dramatic reenactments
  - (c) Cognitive reconstructing
  - (d) Dream interpretation
7. What is main goal of psychodrama?
  - (a) To focus on dream analysis
  - (b) To gain insight and emotional release though role-playing
  - (c) To eliminate emotions from therapy
  - (d) To encourage dependency on the therapist
8. Which field frequently uses video Tape Therapy?
  - (a) Cognitive behaviour therapy
  - (b) Family therapy
  - (c) Sports therapy
  - (d) All of the above

9. Which of the following is not a benefit of Video Tape Therapy?
- (a) Self-reflection and Insight
  - (b) Improved communication skills
  - (c) Permanent removal of negative emotions
  - (d) Increased self-awareness
10. The process of helping family members recognize and replace irrational belief is called?
- (a) Reframing
  - (b) Cognitive Restructuring
  - (c) Triangulation
  - (d) Homeostasis

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the concept of behavioural family counselling.

Or

- (b) Discuss the importance of diagnosing.

12. (a) Write short note on the following :

- (i) Rigid boundaries
- (ii) Diffuse boundaries.

Or

- (b) Explain the concept of subsystem.

13. (a) Describe the development of behaviour disorder.

Or

- (b) Family counselling and genetic counselling counselling – Differentiate.

14. (a) How to develop one's own method in family therapy?

Or

- (b) Write short note on Boundary Making.

15. (a) Write any two treatment techniques for behaviour disorders.

Or

- (b) Discuss about behaviour couples counselling.

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss in detail structural family counselling.

Or

- (b) Explain the development of normal family.

17. (a) What is Psychodrama? Explain the characteristics of Psychodrama.

Or

- (b) Discuss about the treatment of sexual dysfunction.

18. (a) Elucidate the cognitive approach to family counselling.

Or

- (b) Explain the concept of family structure and subsystems.

19. (a) Describe the new emergences in family therapy.

Or

- (b) Write short note on the following :

(i) Unbalancing

(ii) Clear boundaries.

20. (a) Videotape-working with one-parent families – Elucidate.

Or

- (b) Explain in detail about Gestalt Therapy.