

C-7407

Sub. Code

97311

**CERTIFICATE COURSE EXAMINATION,
NOVEMBER 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. 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 parents only
 - (b) One another
 - (c) Their siblings
 - (d) All the answers are correct

2. The nuclear family refers to
 - (a) Any family born after 1950
 - (b) Family includes parents and their children
 - (c) Entire family including children, their parents and grand parents
 - (d) Only husband and wife

3. Some common family system problem are related to
 - (a) Hierarchy, boundaries and effect
 - (b) Hierarchy only
 - (c) Boundaries and effect only
 - (d) Hierarchy, boundaries and anger issues

4. Type of family resources
 - (a) Human and non-human
 - (b) Traditional and non-traditional
 - (c) Flexible and non-flexible
 - (d) Complete and incomplete

5. Marriage is
 - (a) Universal organization
 - (b) Universal institution
 - (c) Universal society
 - (d) Universal community

6. Family therapy is generally used to :
 - (a) Improve communications between members of the family
 - (b) Resolve specific conflicts
 - (c) Attempts to understand the family as a social system
 - (d) All the above

7. Which of the following events can lead to change in a family structure?
- (a) The birth of a body
 - (b) Marriage of a family member
 - (c) Death of a family member
 - (d) All of the above
8. What is the first stage of the family life cycle?
- (a) Narrow family (b) Extended family
 - (c) Early family (d) None of these
9. It is generally considered that cognitive behavioural therapy changes
- (a) Thought process
 - (b) Behaviour
 - (c) Thoughts and behaviour
 - (d) Mood status
10. All of the following are therapeutic techniques in Bowen's approach of family therapy except
- (a) Drawing a gene gram
 - (b) Coaching
 - (c) Boundary adjustment
 - (d) Use of directives

Part B

(5 × 5 = 25)

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

11. (a) Define marriage. What are the characteristics of marriage?

Or

- (b) Explain the concept of family counseling.

12. (a) Freudian Drive psychology – Discuss.

Or

- (b) Give a brief note on psycho analytic family counselling.

13. (a) Differentiate – self and triangulation counselling.

Or

- (b) Explain the multigenerational transmission process.

14. (a) Write short note on :

- (i) Emotional fusion.
- (ii) Emotional cut-off.

Or

- (b) Explain the relationship experiments.

15. (a) What are the characteristics of therapist's roles?

Or

- (b) What are the treatment techniques for family counselling?

Part C

(5 × 8 = 40)

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

16. (a) Discuss about family projection process.

Or

(b) Elaborate your own understanding about the nuclear family.

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

(i) Going home task

(ii) Gene grams.

Or

(b) Explain the development of behaviour disorders.

18. (a) What is the meaning of family therapy? Discuss the characteristics of family therapy.

Or

(b) Critically discuss the family life cycle and tasks.

19. (a) Discuss the Murray Bowen family system of counselling.

Or

(b) Describe the basic types of sibling position.

20. (a) What are the merits of marriage? Explain the U-shaped curve of marital satisfaction.

Or

- (b) Write short note on :
- (i) Object relation theory
 - (ii) Normal family development.
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C-7408

Sub. Code

97312

**CERTIFICATE COURSE EXAMINATION,
NOVEMBER 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 not a type of family structure?
(a) nuclear family (b) extended family
(c) industrial family (d) single-parent family
2. The spousal sub system is essential for:
(a) child rearing decision
(b) emotional support between parents
(c) sibling relationships
(d) grand parental care giving
3. Which therapeutic approach is commonly used in family counselling?
(a) cognitive behavioral
(b) family system therapy
(c) psychoanalysis
(d) hypo therapy

4. What is the goal of unbalancing in structural family therapy?
 - (a) to reinforce existing family hierarchies
 - (b) to challenge and shift family power dynamics
 - (c) to create distance between family members
 - (d) to encourage individual therapy instead of family therapy

5. Which of the following is a key technique used in CBFT?
 - (a) genogram analysis
 - (b) thought restructuring
 - (c) dream interpretation
 - (d) free association

6. In CBFT, positive reinforcement is used to
 - (a) furnish negative behaviors
 - (b) encourage desirable behaviors by rewarding them
 - (c) Eliminate emotional expression in the family
 - (d) strengthen unconscious defense mechanisms

7. Which of the following is a goal of set work therapy?
 - (a) strengthening social support to and recovery
 - (b) encouraging emotional suppression
 - (c) isolating the individual from their social circle
 - (d) eliminating all stressors from the client's life

8. Who is the founder of gestalt therapy?
 - (a) Sigmund Freud
 - (b) Fritz Perls
 - (c) Albert Bandura
 - (d) B.F. Skinner

9. Which of the following techniques is commonly used in gestalt therapy?
- (a) the empty chair technique
 - (b) free association
 - (c) systematic desensitization
 - (d) cognitive restructuring
10. Which of the following is a key?
- (a) the protagonist
 - (b) systematic desensitization
 - (c) classical conditioning
 - (d) free association

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of family structure.
- Or
- (b) What are the common issues addressed in family therapy?
12. (a) What are the benefits of family counselling?
- Or
- (b) How does family counselling differ from couples therapy?
13. (a) Discuss the behaviour family counselling.
- Or
- (b) Give a short note on genetic counselling.
14. (a) Explain the concept of boundary making.
- Or
- (b) Development of behaviour disorder. Discuss.
15. (a) Write short note on family sculpture.
- Or
- (b) Responses and reinforcement differentiate.

Part C

(5 × 8 = 40)

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

16. (a) Explain the treatment techniques for behaviour disorders.

Or

- (b) Discuss in detail cognitive behavioural family counselling.

17. (a) Write short note on the following.

- (i) Gestalt therapy
- (ii) Network therapy.

Or

- (b) What is the meaning boundaries? Explain the different types of boundaries.

18. (a) Explain the theoretical foundations of Salvador minutia family counselling.

Or

- (b) What is psychodrama and how does it work?

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

Or

- (b) How does trauma impact family relationship and how can counselling help?

20. (a) Discuss the family systems theory and its application in family counselling.

Or

- (b) Discuss in detail the treatment of sexual dysfunction.