

MSCCFT 1st Year /
PGDCFT

**Master of Science in Counselling and Family Therapy
(MSCCFT) 1st Year**
&
**Post Graduate Diploma in Counselling and Family Therapy
(PGDCFT)**

Assignment Booklet

**ASSIGNMENTS 1-5
July 2022**

**(These assignments relate to Courses MCFT-001, MCFT-002, MCFT-003,
MCFT-004 and MCFT-005)**



**SCHOOL OF CONTINUING EDUCATION
Academic Block-G, Zakir Hussain Bhawan,
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110068**

**Master of Science in Counselling and Family Therapy
(MSCCFT) 1st Year
&
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)**

ASSIGNMENTS: 2022-23

Dear Learner,

You have to do five assignments in all to qualify for the first year of MSCCFT/ PGDCFT. For each theory course, you will have to do one assignment. All the assignments are tutor marked (that is, evaluated by the Academic Counsellor) and each Tutor Marked Assignment (TMA) carries 100 marks. In this assignment booklet, there are five assignments and the course-wise distribution of the assignments is as follows:

Assignment 1 (TMA-1): based on MCFT-001 (Units 1-17)

Assignment 2 (TMA-2): based on MCFT-002 (Units 1-19)

Assignment 3 (TMA-3): based on MCFT-003 (Units 1- 18)

Assignment 4 (TMA-4): based on MCFT-004 (Units 1-18)

Assignment 5 (TMA-5): based on MCFT-005 (Units 1-22)

INSTRUCTIONS

Before attempting the assignments, please read the following instructions carefully:

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right hand corner of the first page of your assignment answer sheets.
- 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the top left hand corner of the first page of your response sheets. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your answer sheets should look like this:

Enrolment No
Name
Address
Signature
Date.....
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.
- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent, and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize.
- 5) Use only foolscap size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between the answers. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
- 6) ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
- 7) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 8) Write each assignment separately. All the assignments should not be written in continuity. For each Course, use separate sheets or start on the next sheet.
- 9) Write the question number with each answer. All the questions in a particular section should be answered before attempting the next section.
- 10) The completed assignment should be sent to the Coordinator / Programme Incharge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.
- 11) Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you.
- 12) In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
- 13) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the Coordinator/ Programme Incharge of your study centre for correction and transmission of correct score to the Regional Centre & Headquarters.

Before submitting your assignment response, please make sure you have taken care of the following points:

- Your roll number, name and address have been written correctly.
- The title of the course and assignment number have been written clearly.
- Each assignment has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

SUBMISSION OF ASSIGNMENTS

Last date of submission for July 2022 Session: 31st March, 2023

You need to submit the assignments within the stipulated last date of submission, to be eligible to appear in the term-end examination of the respective courses. Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination.

The last date of submission for all the assignments is mentioned above, but we advise you to do them one by one along with your study of the particular course and submit them at your study centre, so that you may get back the marks and comments of the counsellor with the evaluated assignment. With proper planning, you will be able to do all the assignments within the stipulated period. Please do not wait for the last date to submit all the assignments.

WISH YOU ALL THE BEST!

Programme Coordinators (PGDCFT & MSCCFT)

ASSIGNMENT 1

TMA-1

Human Development and Family Relationships

Course Code: MCFT-001

Assignment Code: MCFT-001/TMA-1/ASST-1/2022-23

Maximum Marks: 100

Note: (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(10x6=60 marks)

1. Explain the major characteristics of human development. (10)
2. What do you understand by: (5+5)
 - i) Fictional goals
 - ii) Collective unconscious
3. How is Vygotsky's approach to cognitive development different from Piaget's? Discuss. (10)
4. Analyse the changing structure and nature of family in the present day urban context. (10)
5. Discuss elements of parenting, and their consequences. (10)
6. Explain the assumption of systems theory. (10)

Section B - Short Answer Type Questions

(40 marks)

1. **Write short notes (in about 150 words each) on the following:** (5x 8 = 40 marks)
 - i) Nature vs. Nurture
 - ii) Genetic counselling
 - iii) Adoptive families
 - iv) Family developmental tasks
 - v) Burnout
 - vi) Cybernation
 - vii) Classical conditioning
 - viii) Gender roles

ASSIGNMENT 2 TMA-2

Mental Health and Disorders

Course Code: MCFT-002

Assignment Code: MCFT-002/TMA-2/ASST-2/2022-23

Maximum Marks: 100

Note:- (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(10x6=60 marks)

1. Why is assessment of mental disorders required? Give examples to explain your answer. (10)
2. How can behavioural techniques be used to help a teenager suffering from severe acne? Discuss. (10)
3. Analyse reasons for poor compliance to treatment in individuals with schizophrenia. (10)
4. How do the following theories explain neurotic disorders: (5+5)
 - i) Learning theory
 - ii) Psychoanalytic theorySupport your answer with examples.
5. Discuss the principles of management of personality disorders. (10)
6. Describe types of hearing loss. (10)

Section B - Short Answer Type Questions

(40 marks)

1. Write short notes (**in about 150 words each**) on the following: (5x8=40 marks)
 - i) Biomedical perspective of stress
 - ii) Warning signs for dementia
 - iii) CBT
 - iv) Opioids
 - v) Dependent Personality Disorder
 - vi) Features of abnormal grief
 - vii) ADHD
 - viii) Epilepsy

ASSIGNMENT 3 TMA-3

Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

Course Code: MCFT-003

Assignment Code: MCFT-003/TMA-3/ ASST-3/2022-23

Maximum Marks: 100

Note:- (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(10x6=60 marks)

1. Explain, with examples, the key principles for counselling. (10)
2. Identify any of your beliefs that have been bothering you, and analyse it in terms of A,B,C,D,E, and F. (10)
3. What are the three counsellor attributes, according to Rogers, which create a growth-promoting climate. Discuss, giving examples. (10)
4. Analyse any two restructuring techniques. (10)
5. Describe the assumptions of strategic family therapy. (10)
6. How will you practise supportive counselling with a young adult suffering from mild depression? (10)

Section B - Short Answer Type Questions

(40 marks)

1. **Write short notes (in about 150 words each) on the following:** (5x8=40 marks)
 - i) Resistance in family therapy
 - ii) Denial and intrusiveness
 - iii) Assumptions of Psychodynamic Psychotherapy
 - iv) Strokes
 - v) PTSD
 - vi) Importance of psychoeducation
 - vii) Types of social skills
 - viii) Common features of crisis

ASSIGNMENT 4

TMA-4

Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/2022-23

Maximum Marks: 100

Note:- (i) Answer all the questions in both sections.

(ii) Answers to questions of Section "A" should not exceed 300 words each.

Section A - Descriptive Questions

(10x6=60 marks)

1. Discuss, giving examples, issues and concerns for beginning counsellors and family therapists. (10)
2. Explain any five basic ethical principles in counselling and family therapy. (10)
3. Analyse factors which impact counselling/family therapy. (10)
4. As a Counsellor, what are the strategies that you will use for restructuring your client's self - perception. (10)
5. Explain "Transference". Discuss the development and resolution of transference relationship (10)
6. Describe the steps of termination of therapy. (10)

Section B - Short Answer Type Questions

(40 marks)

1. **Write short notes (in about 150 words each) on the following:** (5x8=40 marks)
 - i) Therapeutic relationship in CBT
 - ii) Confrontation in a counselling session
 - iii) Concept of mediation
 - iv) Importance of life skills education
 - v) Dangers of inadequate structuring
 - vi) Role of family therapist
 - vii) Referral
 - viii) Process goals

ASSIGNMENT 5

TMA- 5

Counselling and Family Therapy: Research Methods and Statistics

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2022-23

Maximum Marks: 100

Note:- (i) Answer all the questions in both sections.

(ii) Answers to questions of Section “A” should not exceed 300 words each.

Section A – Descriptive Questions

(10x6=60 marks)

- 1) What is the meaning of hypothesis? Explain the different types of hypothesis. (10)
- 2) Differentiate between “Population” and “Sample”. Discuss criteria for selecting the sampling method. (10)
- 3) Describe the uses, advantages, and disadvantages of questionnaire. (10)
- 4) Discuss the uses and assumptions of parametric tests. (10)
- 5) Explain the different types of triangulation. (10)
- 6) Analyse the scientific criteria for evaluating a research report. (10)

Section B - Short Answer Type Questions

(40 Marks)

1. **Write short notes (in about 150 words each) on the following:** (5×8=40 marks)
 - i) Inductive reasoning
 - ii) Characteristic features of a research problem
 - iii) Phenomenological studies
 - iv) Rorschach’s Inkblot Test
 - v) Bi-variate Analysis
 - vi) Purpose of writing synopsis
 - vii) Technological sources of literature search
 - viii) Characteristics of a good abstract