

MSCCFT 1<sup>st</sup> Year /  
PGDCFT

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

**Assignment Booklet**

**ASSIGNMENTS 1-5  
July 2023**

**(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) 1<sup>st</sup> Year  
&  
Post Graduate Diploma in Counselling and Family Therapy (PGDCFT)**

**ASSIGNMENTS: 2023-24**

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 assignment 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 enrolment 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.

## **LAST DATE OF SUBMISSION OF ASSIGNMENTS**

### **Last date of submission for July 2023 Session: 31st March, 2024**

For the students who have taken admission in the programme of study in 2023 (i.e., for the academic session commencing in July 2023), the last date of submission is 31<sup>st</sup> March, 2024.

This date is also applicable to old students who wish to take the examination in June 2024. However, the old students (of earlier batches) who wish to take the examination in Dec. 2023, the last date of submission of all assignments contained in this booklet is 30.9.2023.

Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination; if the same is earlier than that stated in this assignment booklet.

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

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 Academic 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-1/2023-24

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 the changing role of the father in the contemporary dual earning family set-up. (10)
2. Critically analyse, giving examples, the social exchange family theory. (10)
3. Define 'family dynamics'. Discuss internal dynamics of Indian families. (10)
4. Discuss with examples the challenges faced by launching families. (10)
5. Explain family developmental tasks in the preschool stage. (10)
6. Discuss the challenges faced to maintain successful ageing. (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) Self actualization
  - ii) Initiative versus guilt
  - iii) Personification
  - iv) Personal fable
  - v) Hypothetico-deductive reasoning
  - vi) Stressors
  - vii) Polygamy
  - viii) Reconstituted family

# ASSIGNMENT 2

## TMA-2

### Mental Health and Disorders

Course Code: MCFT-002

Assignment Code: MCFT-002/TMA-2/ASST-2/2023-24

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. Analyse any two models of mental health. (10)
2. Describe characteristics of generalized anxiety disorder. (10)
3. Discuss the parameters involved in mental status examination. (10)
4. Define psychosis. What are the causes of psychosis? (10)
5. How are the persons in close contact with a person suffering from manic episode likely to explain this episode in history taking? (10)
6. Discuss psychosocial rehabilitation of a mentally ill patient. (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) Deaf blindness
  - ii) Psychoeducation
  - iii) Types of social phobia
  - iv) Dementia
  - v) Psychedelics
  - vi) Physical consequences of substance abuse
  - vii) Reminiscence therapy
  - viii) Dialectical behaviour therapy

## ASSIGNMENT 3 TMA-3

### Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

**Course Code: MCFT-003**

**Assignment Code: MCFT-003/TMA-3/ ASST-3/2023-24**

**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 the characteristics for group leadership. (10)
2. Analyse issues involved in conducting systemic family therapy sessions. (10)
3. Explain, giving an example, the family mapping technique. (10)
4. Discuss principles of solution focused family therapy. (10)
5. What is resistance in family therapy? Describe how you would handle such crisis. (10)
6. Explain A-B-C-D-E analysis with the help of a case illustration. (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) Genogram
  - ii) Principles for ethical commitment of counsellor/family therapist
  - iii) Socratic questioning
  - iv) C T
  - v) Self psychology
  - vi) Strokes
  - vii) Reframing
  - viii) Myths about persons in a crisis state

# ASSIGNMENT 4

## TMA-4

### Counselling and Family Therapy: Applied Aspects

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/2023-24

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. Analyse the common therapist traps. (10)
2. Discuss the skills involved in ending of session. (10)
3. Explain, with examples, active communication skills. (10)
4. What are life skills? Discuss the need for life skills training. (10)
5. Discuss the experiential awareness techniques. (10)
6. What is reassurance? Explain the use of reassurance in relationship building. (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) Empty chair technique
  - ii) Communication to be avoided in a counselling session
  - iii) Imagery
  - iv) Steps involved in problem solving
  - v) Dangers of inadequate structuring
  - vi) Counter-transference
  - vii) Progressive relaxation training
  - viii) Family hypothesis



# ASSIGNMENT 5

## TMA- 5

### Counselling and Family Therapy: Research Methods and Statistics

Course Code: MCFT-005

Assignment Code: MCFT-005/TMA-5/ASST-5/2023-24

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) Analyse the importance of paradigms in counselling and family therapy research. (10)
- 2) Define knowledge and describe types of knowledge. (10)
- 3) Discuss advantages and disadvantages of observation method. (10)
- 4) Describe the steps in planning experimental research. (10)
- 5) Explain principles of research design. (10)
- 6) Discuss, giving examples, important characteristics of research questions. (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) Limitations of scientific method
  - ii) Sampling
  - iii) Case work
  - iv) Triangulation
  - v) Inferential statistics
  - vi) Pilot study
  - vii) Hypothesis
  - viii) Validity