

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai - 600 044.

M.Sc.Counselling Psychology - END SEMESTER EXAMINATIONS - NOV'2024

SEMESTER - III

22PCPCT3007 - Marital and Family Therapy

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. When it comes to marriage and divorce, what are the key legislations and policies governing these aspects, and what role do family courts play in resolving related disputes?
2. Explain the components of a standard initial interview when assessing couples and families, and how the process facilitates understanding and rapport-building?
3. Discuss how family therapy is evaluated in research studies, and explain some of the empirical foundations supporting its effectiveness as a therapeutic approach.
4. Describe multiple family therapy, and how it addresses complex family dynamics and relationships.
5. Enumerate the role of communication in family dynamics and ways of effective communication strategies that contribute to conflict resolution and overall family cohesion.
6. Elucidate the key principles of behavioural family and marital assessment, and how this approach informs diagnostic treatment planning for couples.
7. In the context of marriage and couple counselling, what are the key aspects of the interspousal relationship that are evaluated, and how do therapists assess marital adjustment?
8. Discuss the core concepts and techniques of symptom-focused treatments in family therapy, such as Conjoint Family Therapy by Virginia Satir.

Section C

I - Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Discuss the concept of cohabitation and its prevalence in contemporary society, as well as its implications for marriage and family dynamics.

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10. Elucidate in detail the theoretical foundations and results of Bowen Family Systems Therapy, Strategic Family Therapy, and Problem-solving Family Therapy in addressing family dynamics and behaviour disorders.
11. Discuss the ways structural mapping contributes to the assessment of family interactions, and how clinicians utilize this method to identify patterns and hierarchies within the family system.
12. In-law relationships can significantly impact marital adjustment. Elaborate on strategies therapists use to address issues related to in-law adjustment in couples counselling sessions.

II - Compulsory question (1 × 10 = 10 Marks)

13. Explain in detail the key components of program development in marriage and family counselling, particularly in premarital counselling and parenting programs, while analyzing the contribution of communication skills, conflict management strategies, and emotional management techniques.
