

**Bachelor of Vocation (Mental Health Counselling) - 4th Semester  
(Batch 2020-23)  
(2522)**

**Paper-I: Family & Marital Counselling**

**Time Allowed: 3hrs.**

**Max. Marks: 100**

There are eight questions in total, divided into four sections. Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries equal (20) marks. For questions comprising subparts, respective marks are mentioned.

**Section-I**

- I. Describe the process of marriage counselling along with specific skills required for effectively providing the counselling services (15 Marks). How does marital counselling differ from individual/group counselling? (5 Marks)
- II. What kind of assumptions a marriage/family counsellor assumes about human nature while providing counselling services to their clients?

**Section-II**

- III. What do you understand by 'a system' in the context of family and marriage counselling? (5 Marks). Explain and critically evaluate the 'General System theory' in detail. (15 Marks).
- IV. Critically evaluate the stages of the family life cycle suggested by Becver & Becver (1993) (15 Marks). What kind of adaptations, as per your understanding, have to be done make this model a fit for the Indian context? (5 Marks)

**Section-III**

- V. Write brief notes on any three approaches to family counselling. Highlight the major difference among these approaches.
- VI. In terms of assumptions, processes and outcomes, differentiate the Psychodynamic approach from the Solution-focused approach of family counselling.

**Section-IV**

- VII. How do post-modern/social constructionist trends affect the earlier process of family/marriage counselling?
- VIII. How does poor communication among family members/couples disrupt family functioning, and what would you suggest to your clients to rectify the issue.

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