

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

Assignment 4

July 2026 Session

**(This assignment relates to the Course MCFT-004
“Counselling and Family Therapy: Applied Aspects”)**



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: July 2026 Session**

Dear Learner,

You have to do five assignments in all for the first year of MSCCFT or for 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.

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.
- 4) 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.

- 5) ***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.***
- 6) 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.
- 7) Use A4 size ruled 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.
- 8) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 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. if 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 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

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

LAST DATE OF SUBMISSION

Due date for December 2026 Term-End Examination: 30.9.2026

Due date for June 2027 Term-End Examination: 31.3.2027

Please check the last date of submission from the University website (www.ignou.ac.in). Students must adhere to the last date of submission of assignments notified by the University for appearing in the term-end examination. **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)

COUNSELLING AND FAMILY THERAPY: APPLIED ASPECTS (MCFT-004)

TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MCFT-004

Assignment Code: MCFT-004/TMA-4/ASST-4/July 2026

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 reflection? Describe various types of reflections. (10)
2. Analyse the role of self of the therapist according to Bowen's Theory. (10)
3. Explain goals of therapy during middle phase. (10)
4. Discuss the use of sociodrama in counselling. (10)
5. Analyse the role of life skills in post covid Indian society. (10)
6. With the help of examples, explain countertransference in therapy. (10)

Section B - Short Answer Type Questions

(5x 8 = 40 marks)

1. Write short notes (in about 150 words each) on the following:

- i) Steps of termination
- ii) SFSR
- iii) Counsellor induced silence
- iv) Leading techniques
- v) Progressive Relaxation Training
- vi) Imagery
- vii) Empty chair technique
- viii) Non-helpful verbal behavior