

**MASTER OF ARTS (PSYCHOLOGY)**

**Term-End Examination**

**December, 2019**

03833

**MPCE-023 : INTERVENTIONS IN COUNSELLING**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : All sections are compulsory.*

**SECTION A**

*Answer any two of the following questions in about  
450 words each :*

*2×10=20*

1. Explain anxiety disorder. Describe the techniques for helping children with anxiety disorder. 4+6
2. Critically discuss Rogers client-centred counselling. 10
3. Explain the symptoms, causes and techniques for helping children with Attention deficit hyperactivity disorder. 3+2+5
4. Explain the cognitive approach to counselling. Describe the steps and the techniques used in Cognitive Behaviour Therapy. 3+3+4

## SECTION B

*Answer any four of the following questions in about 250 words each :*

*4×6=24*

5. Describe the various interpersonal relationship skills. 6
6. Discuss the important features of short-term counselling. 6
7. Explain the sequence in the REBT model. 6
8. Discuss the ethical issues in counselling research. 6
9. Explain the existential and humanistic approach to counselling. 6

## SECTION C

Write short notes on any **two** of the following in about 100 words each :

2×3=6

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|------------------------------|---|
| 10. Sleepwalk                | 3 |
| 11. Multimodal therapy       | 3 |
| 12. Psychoeducational groups | 3 |
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