

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2013

MPCE-021 : COUNSELLING PSYCHOLOGY

Time : 2 hours

Maximum Marks : 50

Note : All questions carry equal marks. Answer any five questions. Each question is to be answered in about 500 words.

1. Define counselling. Describe the stages of counselling process. 3+7
2. Discuss the Adlerian approach to counselling. 10
3. Describe the different techniques of psychoanalysis. 10
4. Discuss the technique of CBT with examples of automatic thoughts and maladaptive schemas. 10
5. Describe the techniques used in person-centred therapy. 10
6. Analyze the goals of vocational counselling in the Indian context. 10

7. Discuss the nature and process of group counselling. 10
8. Discuss the various causes of depression. 10
9. Discuss ethics in counselling. 10
10. Write short notes on any two of the following :
(a) Unconditional positive regard 5x2=10
(b) Steps in systematic desensitization
(c) Steps in art therapy.
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