

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

00488

December, 2016

MPCE-023(S) : 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. Discuss the differences and similarities between psychotherapy and counselling. Describe the situations in which counselling is required. 6+4
2. What is solution-focused counselling ? Explain the key assumptions of solution-focused counselling. 3+7
3. Discuss the common ground for integrative perspective of counselling. 10
4. Explain the various steps involved in counselling process. 10

SECTION B

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

$4 \times 6 = 24$

5. Discuss the problem areas where Interpersonal Psychotherapy may be used successfully. 6
6. Bring forth the most common cognitive distortions as proposed by Beck. 6
7. Explain stress inoculation technique. Elaborate with examples. 6
8. Discuss the various types of groups in counselling. 6
9. What is e-counselling ? Discuss its benefits and challenges. 2+4

SECTION C

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

$2 \times 3 = 6$

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| 10. Mentalisation | 3 |
| 11. Biofeedback | 3 |
| 12. Confidentiality in Counselling Research | 3 |
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