

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2016

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 500 words each : **2x10=20**

1. Explain the meaning of Interpersonal Psychotherapy (IPT). Discuss the interpersonal problem areas addressed by the IPT. **3+7**

2. Define family counselling. Discuss the techniques of family therapy. **3+7**

3. Discuss the issues of domestic violence, suicide and mental illness in the context of couple counselling. **10**

4. Describe the stages in cognitive behaviour therapy. Explain the cognitive distortions as given by Beck. **4+6**

SECTION - B

Answer **any four** of the following questions in about **300 words** each : **4x6=24**

5. What are the fundamental differences between psychotherapy and counselling ? Discuss. **6**
6. Define brief therapy. Describe the developments that influenced brief therapies. **3+3**
7. Discuss the role of a counsellor in helping children with Attention Deficit and Hyperactivity Disorder. **6**
8. Describe the various levels at which guidance and counselling services are offered at the secondary stage in India. **6**
9. What is cognitive behaviour modification ? Explain Self Instructional technique as part of cognitive behaviour modification. **2+4**

SECTION - C

Write short notes on **any two** of the following questions in about **100 words** each : **2x3=6**

10. Multimodal therapy **3**
 11. Psychodrama **3**
 12. Construction of Anxiety hierarchy **3**
-