

01191

**MASTER OF ARTS (PSYCHOLOGY)**

**Term-End Examination**

**December, 2018**

**MPCE-023 : INTERVENTIONS IN COUNSELLING**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : All sections are compulsory.*

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**SECTION - A**

Answer any two of the following questions in  
about 450 words each : **2x10=20**

1. Describe the symptoms, causes and techniques for helping children with ADHD. **4+2+4**
  
2. Explain the meaning and techniques of behaviour modification. **3+7**
  
3. Explain the ten most common cognitive distortions given by Beck with examples. **10**
  
4. Describe anxiety disorder in children. Discuss the techniques for helping children with anxiety disorder. **4+6**

## SECTION - B

Answer any four of the following questions in about 250 words each : 4x6=24

5. Explain Adlerian Psychology. 6
6. Describe the interpersonal relationship skills required in an interpersonal counselling situation. 6
7. Discuss the application of cognitive therapy in clinical setting. 6
8. Describe the PLISSIT model given by Jack Anon for helping clients with sexual difficulties. 6
9. What are the factors that need to be considered before the start of counselling ? 6

## SECTION - C

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

10. The miracle question 3
11. Paraphrasing and Release of emotions 3
12. E - Counselling 3