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**MPCE-021**

**MASTER OF ARTS (PSYCHOLOGY)**

**(MAPC)**

**Term-End Examination**

**December, 2021**

**MPCE-021 : COUNSELLING PSYCHOLOGY**

*Time : 2 Hours*

*Maximum Marks : 50*

*Note : All Sections are compulsory.*

**Section—A**

**Note :** Answer any *two* of the following questions

in about **450** words each.  $2 \times 10 = 20$

1. Discuss psychoanalytic and behavioural approaches to counselling.  $5+5$

2. Explain the ABC model of Cognitive Behavioural Therapy (CBT). Delineate the techniques used in cognitive behaviour therapy.  $4+6$

3. Define and describe child abuse. Describe counselling for child abuse.  $6+4$

4. Describe the clusters of personality disorders. Differentiate between schizoid personality disorder and schizotypal personality disorder.  $4+6$

**Section—B**

**Note :** Answer any *four* of the following questions

in about **250** words each.  $4 \times 6 = 24$

5. Discuss the ethical principles in counselling. 6
6. Describe the different questioning techniques in solution focused counselling. 6

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7. Describe the symptoms and causes of addiction/anxiety. 3+3

8. Explain the different rights of children. 6

9. Discuss the aims of HIV/AIDS counselling. 6

### Section—C

**Note :** Write short notes on any *two* of the following

in about **100** words each. 2×3=6

10. Hallmarks of a counsellor.

11. Progressive muscle relaxation for stress relief.

12. Antisocial personality.