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MPCE–023

**MASTER OF ARTS (PSYCHOLOGY)
(MAPC)**

**Term-End Examination
December, 2023**

MPCE-023 : INTERVENTIONS IN COUNSELLING

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. 2×10=20*

1. Explain the symptoms and causes of Attention Deficit/Hyperactivity Disorder (ADHD). Describe the techniques for helping children with ADHD. 6+4
2. Differentiate cognitive therapy from behaviour therapy. Discuss the applications of cognitive therapy in counselling. 3+7

P. T. O.

3. Discuss the meaning and assumptions of solution focused counselling. Analyze the potentials and limitations of solution focused counselling. 5+5
4. Describe the various stages in couple counselling. 10

Section—B

Note : Answer any **four** of the following questions in about **250** words each. 4×6=24

5. Define brief therapy. Describe the factors that influence the development of brief therapies. 2+4
6. Explain the meaning and principles of behaviour modification. 2+4
7. Explain the techniques used by cognitive behaviour therapy. 6
8. Explain the Gestalt approach to counselling. 6
9. Analyze the benefits and challenges of e-counselling. 6

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Section—C

Note : Write short notes on any **two** of the following
in about **100** words each. 2×3=6

10. Multisensory approach 3

11. Token economy 3

12. Self-actualizing tendency as given by Rogers 3