

05506

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2018

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 450 words each : 2x10=20**

1. Explain Interpersonal Counselling. Describe the stages of Interpersonal Counselling. 10
2. Describe the key assumptions and procedure of solution focused counselling. 5+5
3. Explain the ten most common irrational thought patterns as given by Beck. 10
4. Define insight as a counselling method. Discuss psychoanalysis and humanistic and existential approach as insight therapies. 10

SECTION - B

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

5. Discuss the techniques for helping children with learning disability. 6
6. Explain stress inoculation technique given by meichenbaum. 6
7. Discuss the techniques of family therapy. 6
8. Discuss the importance of sexual counselling as part of the process of couple counselling. 6
9. Highlight the meaning and significance of humanistic psychology. 6

SECTION - C

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

10. Self efficacy 3
 11. Constructing an Anxiety hierarchy 3
 12. Psychodrama 3
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