

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2013

MPCE-023 : INTERVENTIONS IN COUNSELLING

Time : 2 hours

Maximum Marks : 50

Note : All questions carry equal marks. Answer any five questions. Each question is to be answered in about 500 words.

1. Differentiate between counselling and psychotherapy. Describe the principles and goals of counselling. 5+5
2. Discuss Gestalt therapy. 10
3. Explain Roger's client - centred counselling. 10
4. Define anxiety disorder. Elucidate the different techniques which a teacher can use to help children with anxiety disorder. 3+7
5. What is cognitive therapy ? Describe the stages in cognitive therapy. 2+8
6. Discuss the various approaches in counselling techniques for adolescents. 10

7. Discuss the techniques of behaviour modification. 10
8. Discuss the nature, meaning and importance of group counselling. 10
9. Examine the various approaches to counselling. 10
10. Write short notes on **any two** of the following : 5x2=10
- (a) Biofeedback
 - (b) Types of Groups
 - (c) The Miracle Question
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