

01782

**MASTER OF ARTS (PSYCHOLOGY)**

**Term-End Examination**

**December, 2017**

**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. Describe the symptoms of anxiety disorder. 2+8  
Discuss the techniques for helping children with  
anxiety disorder.
2. Explain short term counselling and brief therapies. 5+5
3. Discuss the stages of couple counselling. 10
4. Describe the various approaches to counselling. 10

**SECTION - B**

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

5. State the similarities and differences between 6  
counselling and psychotherapy.

6. Discuss the various self-management strategies. 6
7. Discuss the concepts of self-actualising tendency and fully functioning person. 3+3
8. Explain psychodynamic marriage/couple counselling. 6
9. Discuss single case experiments in counselling research. 6

### SECTION - C

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

10. Interpersonal relationship skills. 3
  11. Any two techniques of Cognitive Behaviour Therapy. 3
  12. Token economy and aversive conditioning. 3
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