

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2021

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 :*

2×10=20

1. Describe the symptoms and causes of Attention Deficit Hyperactivity Disorder (ADHD). Explain the techniques of intervention for helping children with ADHD. 7+3
2. State the ten most common cognitive distortions. Explain the techniques used by the cognitive behaviour therapists to deal with these. 6+4
3. Explain couple counselling and describe the stages in couple counselling. 2+8
4. Critically analyze the concept of e-counselling and describe its benefits and challenges in the Indian society. 10

SECTION B

Answer any **four** of the following questions in about 250 words each :

4×6=24

5. Describe the applications of Interpersonal Psychotherapy (IPT). 6
6. Discuss the approaches to integrative counselling. 6
7. Explain the self-management strategies for developing cognitive and behavioural skills. 6
8. Describe the different types of groups in counselling and their implications. 6
9. Elucidate the concept of 'fully functioning person'. 6

SECTION C

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

2×3=6

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| 10. Differences between 'Counselling' and 'Psychotherapy' | 3 |
| 11. Biofeedback | 3 |
| 12. Importance of Intensive Therapy | 3 |
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