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MPCE–021

MASTER OF ARTS IN PSYCHOLOGY

(MAPC)

Term-End Examination

December, 2023

MPCE-021 : COUNSELLING PSYCHOLOGY

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.*

1. Discuss the nature and goals of Adlerian approach to counselling. Explain the techniques used this approach. 5+5

2. Explain the importance and implications of behavioural therapy in counselling highlighting the classical conditioning procedures. 10

P. T. O.

3. Discuss the nature and causes of personality disorders. 4+6
4. Differentiate between anorexia nervosa and bulimia nervosa. Highlight the causes. 3+7

Section—B

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

5. Define counselling. Describe the education, training and licensure of counsellor. 6
6. Discuss the client and counsellor's qualities and its implications for counselling. 6
7. Explain the techniques used in psychoanalysis. 6
8. Explain the treatment for addiction and anxiety. 6
9. Explain seasonal affective disorder. 6

Section—C

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

10. Self disclosure. 3
11. Flooding 3
12. Cognitive errors in depression 3