

No. of Printed Pages : 2

MPCE-023

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 2012

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. Define and describe short term and bring out its merits and demerits counselling. 5+5
2. What are the important features of Interpersonal Counselling? Describe the stages of interpersonal counselling. 7+3
3. Critically discuss the applications of Psychodynamic Counselling. 10
4. Define Learning Disability. Put forward the techniques for treatment of children with LD. 4+6
5. Discuss the application of cognitive behavioural counselling in dealing with anxiety disorders. 10

6. Describe the principles and procedures of behaviour modification. 5+5
7. What are the educational applications of cognitive behaviour therapy ? Give suitable examples. 10
8. Analyze the stages in Psychodynamic couple's counselling. 10
9. What do you mean by E-Counselling ? Analyze its merits and demerits. 4+6
10. Write short notes on *any two* of the following : 5x2=10
 - (a) Existential Therapy
 - (b) Symptoms of ADHD
 - (c) Somnambulism

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MPCE-023

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2012

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. Describe the different insight therapies. 10
2. Critically evaluate interpersonal counselling. 10
3. Describe the nature and symptoms of ADHD. 5+5
Discuss the techniques for the treatment of ADHD.
4. Describe the causes and treatment for Autism Spectrum Disorder (ASD). 4+6
5. What are the basic assumptions of cognitive behaviour therapy? Give suitable examples. 10
6. What is solution focussed counselling? Discuss its application. 5+5

7. What do you mean by client centred 5+5
counselling ? Discuss the importance of the term
'Fully Functioning Person' in this context.
8. Define eclectic counselling. Discuss its merits and 5+5
demerits.
9. Describe the application of counselling in different 10
settings.
10. Write short notes on *any two* of the following : 5x2=10
 - (a) Psychodynamic counselling
 - (b) Multisensory approach to LD
 - (c) Separation anxiety

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MPCE-023

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 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. Discuss critically psychodynamic psychotherapy. 10
2. What do you mean by insight therapy ? Discuss the humanistic and existential approach in insight therapy. 2+8
3. Explain the Rational Emotive Behaviour Therapy. 10
4. Elucidate the symptoms of ADHD and explain the techniques for helping the ADHD children. 4+6
5. Describe the techniques of systematic desensitization in detail with an example. 10
6. Describe family as a group and state the different approaches to the network of relationships in the family. 10

7. Discuss the various approaches to counselling. 10
8. Define and discuss eclecticism as an approach to counselling. 10
9. Examine the scope and career of counselling psychology in India. 10
10. Write short notes on *any two* of the following : 5x2=10
 - (a) Token economy
 - (b) Separation anxiety
 - (c) Informed consent

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MPCE-023

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 :
 - (a) Biofeedback 5x2=10
 - (b) Types of Groups
 - (c) The Miracle Question



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No. of Printed Pages : 2

MPCE-023

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

02909

June, 2014

MPCE-023 : INTERVENTIONS IN COUNSELLING

Time : 2 hours

Maximum Marks : 50

*Note : Attempt any **five** questions. All questions carry equal marks. Answer each question in not more than 500 words.*

1. Define counselling. Describe the principles and goals of counselling. 3+7
2. What is anxiety disorder ? Describe the technique for helping children with anxiety disorder. 3+7
3. Critically analyze behaviour modification approach to counselling. 10
4. Analyze the concept of integrative counselling and describe its usefulness. 10
5. Discuss the significance of humanistic psychology and phenomenological approach to client-centred counselling. 10

6. What is group counselling ? Describe the different types of groups in counselling. 3+7
7. Define and describe eclectic approach. Discuss the significance of eclectic approach. 5+5
8. Discuss the current status of counselling with reference to India's two leading organizations, NIMHANS and NCERT. 10
9. Discuss the behavioural disorders of childhood and adolescence. 10
10. Write short notes on the following : 5+5
 - (a) Interpersonal therapy in substance abuse disorder
 - (b) Self management technique

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MPCE-023

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2014

MPCE-023 : INTERVENTIONS IN COUNSELLING

Time : 2 hours

Maximum Marks : 50

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

1. Define learning disability. Describe the techniques for dealing with learning disability. **3+7**
2. What is interpersonal therapy ? Describe the four basic interpersonal problem areas. **3+7**
3. What is short-term counselling ? Discuss different principles of short-term counselling. **4+6**
4. Describe the application of cognitive therapy in different settings. **10**
5. Discuss the stages of couple counselling. **10**
6. Discuss the concept and different approaches of counselling. **10**

7. Discuss the pathways to integrative approach in counselling. 10
8. Discuss various ethical issues in counselling. 10
9. What is e-counselling ? Discuss the benefits and challenges of e-counselling. 4+6
10. Write short notes on the following : 5+5
 - (a) Token economy
 - (b) A technique of CBT



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MPCE-023

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2015

02908

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 500 words each :*

2×10=20

1. Explain the various stages in couple counselling. *10*
2. Evaluate the Gestalt approach to counselling. *10*
3. Analyse the causes of Autism Spectrum Disorder (ASD) and describe the techniques for helping children with ASD. *3+7*
4. Discuss the Solution-focused counselling. *10*

SECTION B

*Answer any **four** of the following questions in about 300 words each :*

4×6=24

- 5. Explain the Adlerian approach to counselling. 6**
- 6. Describe the symptoms of ADHD. 6**
- 7. Explain Object Relations theory. 6**
- 8. Describe the stress inoculation technique. 6**
- 9. Discuss the ethical issues in e-counselling. 6**

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SECTION C

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

2×3=6

- | | |
|-------------------------------------|----------|
| 10. Psychoeducation Groups | 3 |
| 11. Self-defeating Behaviour | 3 |
| 12. Self-efficacy | 3 |



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MPCE-023

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2015

MPCE-023 : INTERVENTIONS IN COUNSELLING

Time : 2 hours

Maximum Marks : 50

*Note : All sections are **compulsory**. Marks are shown against each question.*

SECTION A

*Answer any **two** of the following questions in about 500 words each : $2 \times 10 = 20$*

1. Define eclecticism. Describe the three approaches to integrative counselling practice. 3+7
2. Critically discuss the ethical issues in counselling research. 10
3. Explain Interpersonal Psychotherapy (IPT) and discuss the problem areas addressed by the IPT. 3+7
4. Discuss the various applications of cognitive therapies in counselling with examples. 10

SECTION B

*Answer any **four** of the following questions in about 300 words each :*

4×6=24

5. Explain the psychodrama approach in counselling. 6
6. Describe the types of groups in counselling. 6
7. Elucidate the behavioural disorders of childhood and adolescence. 6
8. Describe the techniques for helping children with learning disability. 6
9. Explain the self instructional technique. 6

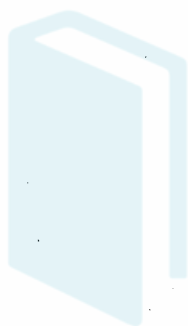
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SECTION C

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

2×3=6

- | | |
|--------------------------------------|----------|
| 10. Self Actualizing Tendency | 3 |
| 11. Selective Mutism | 3 |
| 12. Multisensory Approach | 3 |



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MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2016

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. Differentiate group processes and group dynamics. Describe the types of groups in counselling. **3+7**
2. Discuss the necessary conditions of client - centered therapy, the supporting evidence and nature of therapeutic relation for effective counselling. **10**
3. Define cognitive behaviour modification. Explain the self management technique in this context. **3+7**
4. Discuss the nature of learning disability and delineate the techniques for helping children with learning disability. **4+6**

SECTION - B

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

5. Define psychodynamics. Explain the meaning of Psychodynamic Counselling. **3+3**
6. Describe the application of Interpersonal psychotherapy in special populations. **6**
7. Discuss the benefits and challenges of e-counselling. **6**
8. Discuss the pathways of integrative approach in counselling practice. **6**
9. Describe the criteria used for selection of group members in group counselling. **6**

SECTION - C

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

10. Selective mutism **3**
11. Informed consent **3**
12. Termination of a counselling group **3**

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MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2016

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 500 words each : **2×10=20**

1. Explain the meaning of Interpersonal Psychotherapy (IPT). Discuss the interpersonal problem areas addressed by the IPT. **3+7**

2. Define family counselling. Discuss the techniques of family therapy. **3+7**

3. Discuss the issues of domestic violence, suicide and mental illness in the context of couple counselling. **10**

4. Describe the stages in cognitive behaviour therapy. Explain the cognitive distortions as given by Beck. **4+6**

SECTION - B

Answer **any four** of the following questions in about **300 words** each : **4x6=24**

5. What are the fundamental differences between psychotherapy and counselling ? Discuss. **6**
6. Define brief therapy. Describe the developments that influenced brief therapies. **3+3**
7. Discuss the role of a counsellor in helping children with Attention Deficit and Hyperactivity Disorder. **6**
8. Describe the various levels at which guidance and counselling services are offered at the secondary stage in India. **6**
9. What is cognitive behaviour modification ? **2+4**
Explain Self Instructional technique as part of cognitive behaviour modification.

SECTION - C

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

10. Multimodal therapy **3**
11. Psychodrama **3**
12. Construction of Anxiety hierarchy **3**

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 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. What is behaviour modification ? Discuss any **3+7**
three techniques of behaviour modification.
2. Discuss the areas of application of cognitive **10**
behaviour therapies.
3. Describe the process in group and family **10**
counselling.
4. What is e-counselling ? Discuss the benefits and **3+7**
ethical issues involved in e-counselling.

SECTION - B

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

5. Discuss insight as a counselling method. 6
6. Explain short term counselling. 6
7. Discuss the techniques for helping children with Autism spectrum disorder. 6
8. Discuss the stages of couple counselling. 6
9. What are the factors to be controlled to minimize the differences between client and counsellor ? 6

SECTION - C

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

10. Psychodynamic Counselling 3
 11. Limitations of Integrative Counselling 3
 12. T-group 3
-

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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.

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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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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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01191

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 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 : $2 \times 10 = 20$

1. Describe the symptoms, causes and techniques for
helping children with ADHD. $4+2+4$

2. Explain the meaning and techniques of behaviour
modification. $3+7$

3. Explain the ten most common cognitive
distortions given by Beck with examples. 10

4. Describe anxiety disorder in children. Discuss the
techniques for helping children with anxiety
disorder. $4+6$

SECTION - B

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

5. Explain Adlerian Psychology. **6**
6. Describe the interpersonal relationship skills required in an interpersonal counselling situation. **6**
7. Discuss the application of cognitive therapy in clinical setting. **6**
8. Describe the PLISSIT model given by Jack Anon for helping clients with sexual difficulties. **6**
9. What are the factors that need to be considered before the start of counselling ? **6**

SECTION - C

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

10. The miracle question **3**
11. Paraphrasing and Release of emotions **3**
12. E - Counselling **3**

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MPCE-023

MASTER OF ARTS (PSYCHOLOGY) (MAPC)

Term-End Examination

June, 2019

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 Freud's theory of personality and its significance for counselling. **10**
2. Describe Autism Spectrum Disorder (ASD). **4+6**
Discuss the techniques for helping children with ASD.
3. Discuss application of Cognitive Therapies in counselling in different settings. **10**
4. Determining the characteristics of the group, explain values of group counselling. **10**

SECTION - B

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

5. Describe the meaning and definition of Brief Therapy. Discuss the factors that influenced the development of brief therapies. **2+4**
6. Discuss the Development of counselling and guidance centres in India. **6**
7. Define outcome studies. Delineate the types of outcome studies. **2+4**
8. Explain stress inoculation technique. **6**
9. Discuss the various techniques of family therapy. **6**

SECTION - C

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

10. T-groups. **3**
 11. Short-term Counselling. **3**
 12. National Council of Educational Research and Training. **3**
-

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MPCE-023

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2019

03833

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 :

$2 \times 10 = 20$

1. Explain anxiety disorder. Describe the techniques for helping children with anxiety disorder. 4+6
2. Critically discuss Rogers client-centred counselling. 10
3. Explain the symptoms, causes and techniques for helping children with Attention deficit hyperactivity disorder. 3+2+5
4. Explain the cognitive approach to counselling. Describe the steps and the techniques used in Cognitive Behaviour Therapy. 3+3+4

SECTION B

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

4×6=24

- 5. Describe the various interpersonal relationship skills. 6**
- 6. Discuss the important features of short-term counselling. 6**
- 7. Explain the sequence in the REBT model. 6**
- 8. Discuss the ethical issues in counselling research. 6**
- 9. Explain the existential and humanistic approach to counselling. 6**

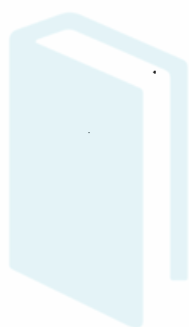
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SECTION C

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

2×3=6

- | | |
|-------------------------------------|----------|
| 10. Sleepwalk | 3 |
| 11. Multimodal therapy | 3 |
| 12. Psychoeducational groups | 3 |



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MPCE-023

**MASTER OF ARTS (PSYCHOLOGY)
(MAPC)**

Term-End Examination

June, 2020

MPCE-023 : INTERVENTIONS IN COUNSELLING

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. Define learning disability. Explain the techniques for helping children with learning disability. 4 + 6
2. Discuss the important features and stages of interpersonal counselling. 3 + 7
3. Explain the concept and approaches to integration counselling. Discuss the potentials and limitations of integration counselling. 5 + 5

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[2]

MPCE-023

4. Critically examine the psychoanalytic approach to counselling. 10

Section—B

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

5. Explain the symptoms and causal factors in ADHD. 3 + 3

6. Describe the stages of stress inoculation technique. 6

7. Explain the cognitive-behaviour therapy as given by Beck. 6

8. Explain the significance of object relations theory in terms of couple counselling. 6

9. Discuss the concept of fully functioning person. 6

[3]

Section—C

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

- | | |
|--|---|
| 10. Differences between Counselling and Psychotherapy. | 3 |
| 11. Solution focused brief therapy. | 3 |
| 12. Psychodrama. | 3 |

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MPCE-023

**MASTER OF ARTS (PSYCHOLOGY)
(MAPC)**

Term-End Examination

December, 2020

MPCE-023 : INTERVENTIONS IN COUNSELLING

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.*

2×10=20

1. Discuss the symptoms and causes of ADHD.
Describe the techniques for helping the children
with ADHD. 5+5
2. Describe the principles and techniques of
behaviour modification. 5+5

[2]

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3. Explain couple counselling and describe the stages involved in it. 10
4. What is anxiety disorder ? Discuss the techniques for helping children with anxiety disorder. 3+7

Section—B

Note : Answer any **four** of the following questions in about **250** words each. 4×6=24

5. Define brief therapy. Discuss the factors that influenced the development of brief therapies. 6
6. Explain self management strategies and point out its usefulness. 6
7. Describe the various types of groups in counselling. 6
8. Discuss the ethical issues in counselling research. 6
9. Explain the nature, characteristics and causal factors of learning disability. 6

[3]

Section—C

Note : Write short notes on any **two** of the following
in about **100** words each. 2×3=6

- | | |
|-----------------------------------|---|
| 10. Counselling and Psychotherapy | 3 |
| 11. Exception Seeking | 3 |
| 12. Fully functioning person | 3 |



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