

No. of Printed Pages : 3

MPCE-023

MASTER OF ARTS

(PSYCHOLOGY)

(MAPC)

Term-End Examination

June, 2025

MPCE-023 : INTERVENTIONS IN

COUNSELLING

Time : 2 Hours

Maximum Marks : 50

Note : All Sections are compulsory.

Section—A

Note : Answer any **two** questions in about

450 words each.

2×10=20

1. Describe the stress inoculation and self-management techniques of cognitive behaviour modification. **5+5**

2. Explain the principles and techniques of behaviour modification. 4+6
3. Describe the different types of groups in counselling. Explain the process of group and family counselling. 5+5
4. Describe the different approaches to counselling. 10

Section—B

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

5. Discuss the causal factors and counselling techniques for helping children with attention deficit/hyperactivity disorder. 3+3
6. Explain short-term counselling. 6
7. Explain the cognitive distortions in cognitive behaviour therapy. 6

8. Explain the psychodynamic approach to marriage/couple counselling. 6
9. Discuss the benefits and challenges in e-Counselling. 6

Section—C

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

10. Functional enuresis/encopresis. 3
11. Psychodrama. 3
12. Techniques of family therapy. 3

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