

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2017

MPCE-021 : COUNSELLING PSYCHOLOGY

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 the main principles of therapeutic process in solution focused brief therapy. **10**

2. Define vulnerable child. Discuss the importance of counselling for different groups of vulnerable children. **3+7**

3. Explain the Five stage theory of drama therapy and describe the techniques of drama therapy technique. **5+5**

4. Describe the physical and psychological symptoms related to depression. Explain the psychodynamic and cognitive-behavioural therapy for treating depression. **4+6**

SECTION - B

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

5. Describe the phenomenological approach by Adler. **6**

6. Differentiate between counselling, guidance and psychotherapy. **6**

7. Discuss the basic assumptions of person centered counselling. Explain the core conditions of effective counselling as given by Rogers. **3+3=6**

8. Explain any three therapies for treatment of addiction. **6**

9. Discuss the need and scope of educational and vocational counselling. **6**

SECTION - C

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

10. Goals of counselling in Gestalt approach. **3**

11. Autonomy and Beneficence. **3**

12. Importance of client qualities in counselling. **3**



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MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2017

MPCE-021 : COUNSELLING PSYCHOLOGY

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 reality therapy. Describe the goals, techniques and role of a counsellor in reality therapy. $3 + 7 = 10$
2. Discuss the importance of group therapy and counselling in the treatment for addiction and anxiety. Describe the steps followed in the group counselling process. $3 + 7 = 10$
3. What is eating disorder ? Discuss the causes of eating disorder. $2 + 8 = 10$
4. Explain the goals and techniques of 10 Psychoanalytic therapy.

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SECTION - B

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

5. Discuss the ethical Principles of counselling. 6
6. Explain operant conditioning treatments. 6
7. Discuss the techniques used in Cognitive Behaviour Therapy. 6
8. Explain the need and importance of counselling for street children. 6
9. Describe the characteristic features of avoidant Personality disorder. 6

SECTION - C

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

10. Miracle question and scaling question 3
11. Right to development 3
12. Modes of transmission of HIV infection 3

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Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in about 500 words each : 2x10=20

1. Explain the various techniques of psychoanalytic therapy. 10
2. Evaluate transactional analysis as an approach to counselling. 10
3. Discuss the various ethical principles of counselling. 10
4. Describe the features and causes of personality disorders. 2+8

SECTION - B

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

5. Discuss the goals and principles of CBT. 3+3

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6. Describe the ego-defense mechanisms with suitable examples. 6
 7. Describe the signs and symptoms of HIV/AIDS. 6
 8. What is child protection ? Differentiate it from child rights. 3+3
 9. Describe the psychological as well as somatic symptoms of depression. 3+3

SECTION - C

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

10. Self Psychology. 3
 11. SOLER. 3
 12. Techniques used in existential approach to counselling. 3
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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. Discuss the stages and techniques of drama therapy. **4+6**
2. Describe the various causes of depression. **10**
3. Evaluate the Adlerian approach to counselling highlighting it's assumptions about human nature and the techniques used in counselling. **4+6**
4. Define a 'child'. Describe the rights of children. **3+7**

SECTION - B

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

4x6=24

5. What do you mean by psychotherapy ? Discuss the essential features of psychotherapy. **2+4**

6. Describe the core conditions for effective counselling as given by Carl Rogers. 6
7. Describe the goals of vocational counselling. 6
8. Explain the Avoidant Personality disorder. 6
9. Define eating disorders. Describe the diagnostic criteria of anorexia nervosa. 2+4

SECTION - C

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

10. Free association 3
 11. Confrontation as a counselling skill 3
 12. Tests used for HIV/AIDS diagnosis 3
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No. of Printed Pages : 3

MPCE-021

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2015

MPCE-021 : COUNSELLING PSYCHOLOGY

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 :

2×10=20

1. Critically discuss the transactional analysis approach to counselling. 10
2. Discuss the assumptions and techniques of person-centred therapy. 4+6
3. Describe the treatment of gender identity disorder. 10
4. Define antisocial personality disorder. Analyze the causes of personality disorders in this context. 4+6

SECTION B

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

4×6=24

5. Analyze the role of a counsellor in the existential approach to counselling. 6
6. Describe the defense mechanisms with examples. 6
7. Describe the steps followed in art therapy. 6
8. Explain the four broad categories of rights of children. 6
9. Analyze the causes of depression. 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. Beneficence | 3 |
| 11. SOLER | 3 |
| 12. Self Psychology | 3 |
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MASTER OF ARTS (PSYCHOLOGY)

02928 Term-End Examination

June, 2015

MPCE-021 : COUNSELLING PSYCHOLOGY

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. Analyse the main principles of Solution Focused Therapy. 10
2. Discuss the classical conditioning procedures used in behavioural approach to counselling. 10
3. Explain addictive behaviour. Describe the treatment for addiction and anxiety. 3+7
4. Critically discuss the need for educational and vocational counselling in the present context of the society. 10

SECTION B

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

4×6=24

5. Explain the Reality therapy in counselling. 6
6. Discuss the significance of termination in a counselling relationship. 6
7. Differentiate between counselling and guidance. 6
8. Describe counselling for street children. 6
9. Define and describe the Cluster C personality disorders. 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. Non-maleficence | 3 |
| 11. Aversive Therapy | 3 |
| 12. Unconditional Positive Regard | 3 |
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M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2014

MPCE-021 : COUNSELLING PSYCHOLOGY

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 counselling. Describe the Client qualities and Counsellor qualities. 3+7
2. Examine the Phenomenological approach to counselling. 10
3. Discuss the importance of Psycho-dynamic approach in counselling. 10
4. Discuss the efficacy of the operant conditioning techniques in counselling. 10
5. What is drama therapy ? Describe the applications of drama therapy. 5+5

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6. Discuss any four counselling techniques for ameliorating addiction and anxiety. 10
 7. What do you mean by vulnerable child ? Describe the ways to provide counselling for street children. 4+6
 8. What is gender identity disorder ? Describe the criteria for gender identity disorder. 4+6
 9. Analyze the various causes of personality disorders. 10
 10. Write short notes on the following : 5+5
 - (a) Importance of ethics in counselling
 - (b) Aversion therapy
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No. of Printed Pages : 2

MPCE-021

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

01054

June, 2014

MPCE-021 : COUNSELLING PSYCHOLOGY

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. Differentiate between guidance, counselling and psychotherapy. Describe the characteristics of a counsellor. 6+4
2. Discuss the importance and issues of termination in counselling. 10
3. Enumerate various approaches in counselling, with particular emphasis to Reality Therapy by Glasser. 10
4. Describe the technique of systematic desensitization with an example. 10
5. Distinguish between Child Rights and Child Protection. Describe the rights of children. 4+6

6. What is substance abuse ? Discuss different factors that lead to addiction. 3+7
7. Describe the various techniques used in CBT. 10
8. Describe various causes of depression. Discuss the efficacy of REBT in the treatment of depression. 4+6
9. What do you understand by family therapy ? Discuss various techniques of family therapy. 4+6
10. Write short notes on the following : 5+5
 - (a) Dream analysis
 - (b) Ethics in E-counselling

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M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2013

MPCE-021 : COUNSELLING PSYCHOLOGY

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 counselling. Describe the stages of counselling process. 3+7
2. Discuss the Adlerian approach to counselling. 10
3. Describe the different techniques of psychoanalysis. 10
4. Discuss the technique of CBT with examples of automatic thoughts and maladaptive schemas. 10
5. Describe the techniques used in person-centred therapy. 10
6. Analyze the goals of vocational counselling in the Indian context. 10

7. Discuss the nature and process of group counselling. **10**
8. Discuss the various causes of depression. **10**
9. Discuss ethics in counselling. **10**
10. Write short notes on **any two** of the following :
 - (a) Unconditional positive regard **5x2=10**
 - (b) Steps in systematic desensitization
 - (c) Steps in art therapy.

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No. of Printed Pages : 2

MPCE-021

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 2013

MPCE-021 : COUNSELLING PSYCHOLOGY

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 guidance. 5+5
Discuss the issue of awareness of values in counsellor - client relationship.
2. Discuss the psychoanalytic approach to counselling. 10
3. What do you mean by ethics ? Examine the importance of ethics in counselling ? 3+7
4. Describe the counselling techniques based on operant conditioning method. 10
5. Analyse drama therapy as a significant technique of counselling. 10

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6. Examine the characteristic features of HIV/AIDS counselling. 10
7. What is child abuse ? How will you provide counselling for such children ? 2+8
8. Give an account of the nature, symptoms and types of depression. 10
9. Mention the diagnostic criteria for eating disorders. Describe the treatment techniques for these. 5+5
10. Write short notes on *any two* of the following :
 - (a) Termination stage of counselling 5x2=10
 - (b) Techniques of Reality therapy
 - (c) Free association.



00184

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2012

MPCE-021 : COUNSELLING PSYCHOLOGY

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 stages in the counselling process. 10
2. Discuss the six basic techniques of psychoanalytic therapy. 10
3. Enumerate the principles of solution focussed brief therapy. 10
4. What do you mean by depression? Explain the psychological causes of depression. 3+7=10
5. Explain the cluster C personality disorders. 10
6. Describe the various treatments for Gender Identity Disorder. 10

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7. What are the types of eating disorder? Explain the rising incidence of eating disorder in India in the light of Cultural Theories. **7+3=10**

 8. Discuss the importance of vocational counselling in the current socio-economic context. **10**

 9. Critically discuss the aims of HIV/AIDS Counselling. **10**

 10. Write short notes on *any two* of the following : **5x2=10**
 - (a) Self disclosure
 - (b) Transference and counter transference
 - (c) Difference between counselling and psychotherapy.
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M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 2012

01002

MPCE-021 : COUNSELLING PSYCHOLOGY

Time : 2 hours

Maximum Marks : 50

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

1. What are the requirements for an effective counsellor ? Discuss. 10
2. Describe the techniques of person-centered counselling. Compare and contrast it with the behavioural techniques. 5+5
3. Explain the technique of systematic desensitization with an example. 10
4. What is art therapy ? Discuss its applications. 10
5. Describe step by step the cognitive behavioural therapy for the treatment of depression. 10

6. How will you define cluster A personality disorders ? Give a detailed account of different types of cluster A personality disorder. 2+8
7. What do you mean by Gender Identity Disorder (GID) ? Describe the Symptoms and treatment of GID. 4+6
8. Define eating disorder. Describe the treatment for eating disorder. 3+7
9. Discuss the goals of counselling at different stages of education. 10
10. Write short notes on *any two* of the following : 5x2=10
 - (a) Ego-defense mechanisms
 - (b) Assumptions of person-centered counselling
 - (c) Difference between Child Rights and Child Protection.

