

Assignment **Container**

COUNSELLING PSYCHOLOGY

MPCE-021



Assignment Container

Counselling Psychology
(MPCE021)



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Guidelines/Tips to Write MAPC Assignments

Using this Document

- Please note that the main aim of this document is to provide the guideline to write the assignment
- It is advisable not copy answers as it is from this document
- Write the answers in your own words
- Numbers of illustrations are also given in this document

Paper

- You need to use A4 ruled paper (with lines). You can also use the A4 note book and cover it with plain and nice cover and put the desired information on it
- Also it is advisable to check with your resource/study center for any guidelines on the same and follow if it is there
- However, contain of the assignment is important as compare to the paper used to write it (As per our understanding)

Writing your Answers

- Assignment should be Hand written and you can use both the side of the page to write your answer
- Write the Section/Question number with each answer and please write all the questions
- Make sure that the answer is within the stipulated word limit
- You can use Blue/Black ink to write your assignment (Don't use pencil in your assignment)
- Don't use RED Pen in your assignment as normally it is used to check the assignment
- If you wish you can use light color pens for illustrations/brain maps for your assignment
- Number of pages required to write the answer depends on your handwriting. Below is the approximately guideline for your reference

Word Limit	1000	400	50
Number of Lines in one paper	20	20	20
Words per line (Big Hand Writing)	7	7	7
Total Pages required (Front and Back)	7	3	0.3
Words per line (Small Hand Writing)	10	10	10
Total Pages required (Front and Back)	5	4	0.2



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- To gather information about client's family.

Assessment often comes at the beginning of art therapy. Assessment is used by the therapist to find out what the client is going through, Assessment is used by the therapist to find out what the client is going through, and to gain any other information that he or she may wish to find out about him/er.

2. Treatment in the Beginning

- To orient the client about Art therapy.
- To teach relaxation technique to the client.

In this session, client will be oriented about Art Therapy and its features. Client will be motivated and encouraged by telling that this therapy does not focus on one's artistic accomplishment but rather self-expression of the individual.

After this, deep breathing relaxation technique taught to client so that she can control her anger and increase her concentration.

3. Mid-phase of treatment

The main objectives of this phase were:

- To administer various techniques of Art therapy along with personal-social counseling sessions.
- To help the client relieve her tensions with the help of training in muscle relaxation.

In this phase, several techniques of Art therapy were administered on the client, which was followed by Personal social counseling.

4. Termination

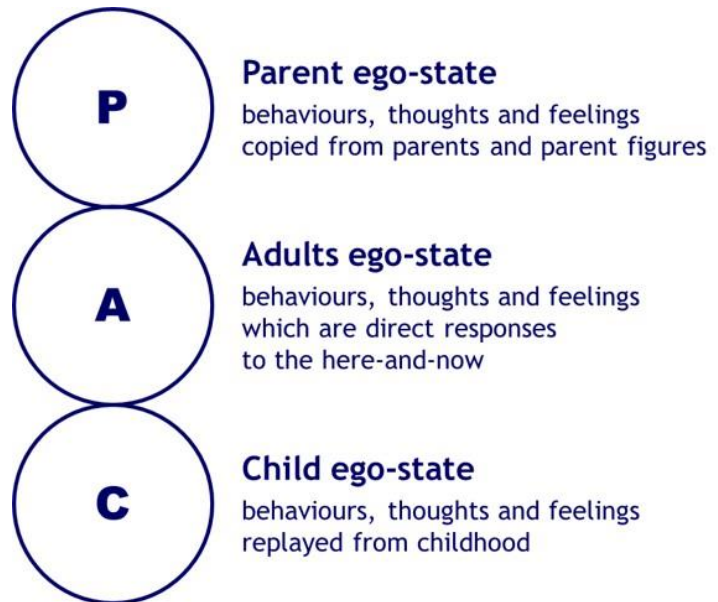
- To discuss the outcomes of Art Therapy.
- To terminate counseling sessions.
- To administer post stress test questionnaire on the client.

After completing all the tasks of Art Therapy, client was asked how she felt after undergoing Art therapy & Counseling sessions. The counselor informed client about successful completion of Art

called ego states, viz., Parent, Adult, and Child. Transactional Analysis involves the identification of these ego states behind each and every transaction.

Berne believed that a lot of people get stuck in one ego state more than the other two and that this may be due to early childhood experiences.

Now, this study has become a well-established approach and is being widely used in several fields such as psychotherapy, counseling, education, organizational development, etc. The transactional analysis gives birth to several models that help in explaining the relationship formed between the individuals as a result of their interactions.



The basic goal of transactional analysis is

to help clients make new decisions about their current behavior and change the direction their lives are taking. In other words, a person will learn to write his own life story instead of allowing it to be written for him.

- Primary goals of TA focus on helping clients transform themselves from “frogs” into “princes and princesses”
- The goal is to not only learn to adjust to life but to attain health and autonomy
- Counsellor help clients identify and restore distorted or damaged ego states
- One of the goals is to change an unhealthy life script

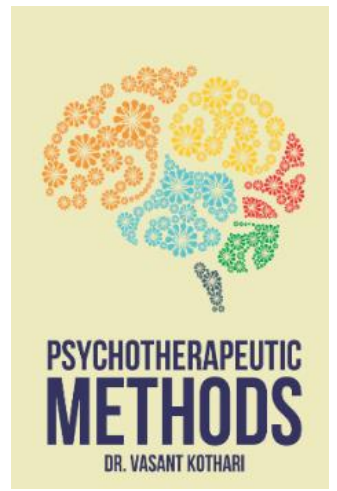
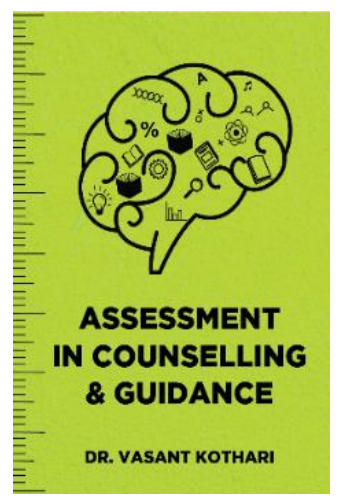
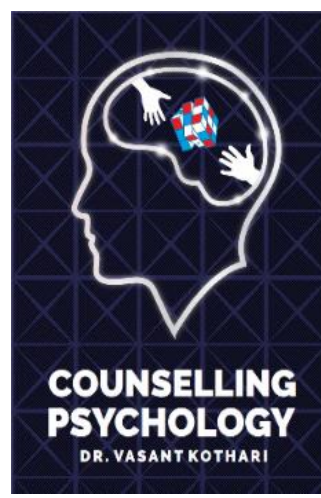
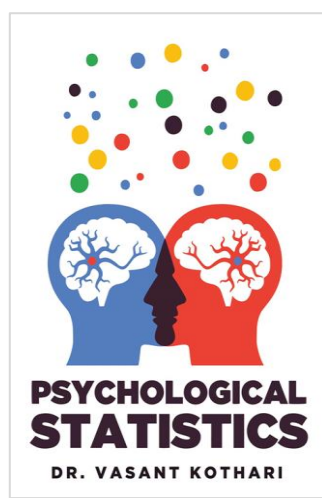
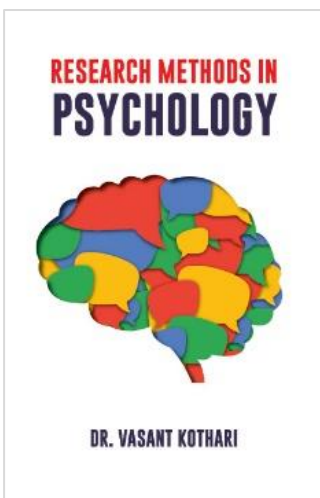
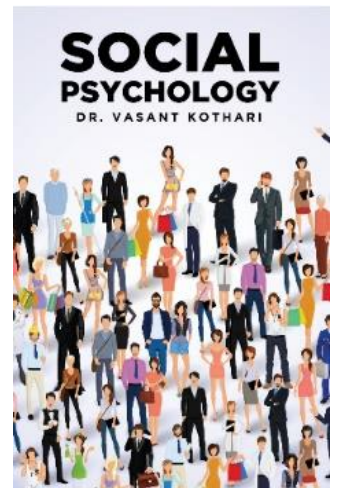
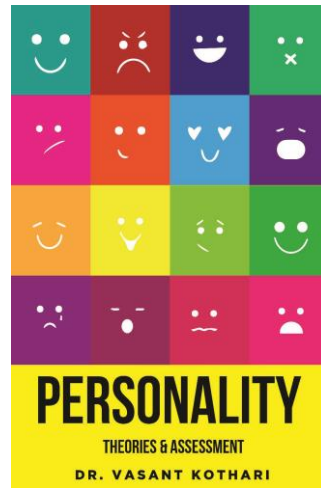
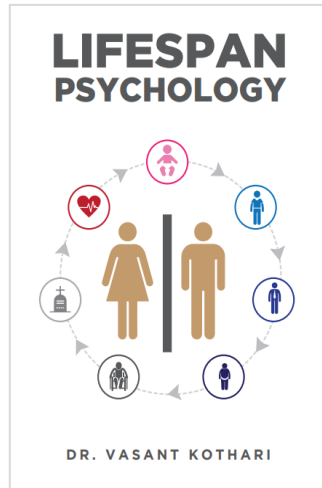
A major emphasis of TA is on learning about the self in order to decide who one wishes to become

(373 Words)

Q. No. 6 Who is a vulnerable child? Describe counseling for children with disability.

Answer: A vulnerable child is defined as being under the age of 18 years and currently at high risk of inadequate care and protection. Accordingly, all children are vulnerable by nature as

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