

No. of Printed Pages : 3

MPCE-023

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

Term-End Examination

December, 2025

**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. Explain the meaning and structure of interpersonal counselling. Describe the four basic interpersonal problem areas addressed by interpersonal counselling. 5+5

C-2352/MPCE-023

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2. Describe the stages in cognitive behaviour therapy and explain the irrational thought patterns. 10
3. Describe the approaches of family and explain the techniques of family therapy. 10
4. Explain Rogers' client-centered counselling. 10

Section—B

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

4×6=24

5. Describe the techniques for helping children with anxiety disorder. 6
6. Discuss the approaches to integrative counselling. 6
7. Explain the stress inoculation technique. 6
8. Explain the *three* pathways of integrative approach in counselling practice. 6
9. Explain informed consent and confidentiality. 6

C-2352/MPCE-023

[3]

Section—C

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

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| 10. Functional enuresis/encopresis. | 3 |
| 11. Selective mutism. | 3 |
| 12. Psychodrama. | 3 |

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