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MPCE-021

**MASTER OF ARTS IN
PSYCHOLOGY (MAPC)
Term-End Examination
June, 2026**

MPCE-021 : COUNSELLING PSYCHOLOGY

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 view of human nature, goals and techniques in person-centered approach to counselling. 10

2. Describe the steps and techniques used in art therapy. 10
3. Describe the process of counselling in terms of various stages. 10
4. Explain educational and vocational counselling. 5+5

Section—B

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

4×6=24

5. Explain Ethics. Describe the ethical principles of counselling. 6
6. Explain rational emotive therapy. 6
7. Describe group therapy and counselling. 6
8. Discuss the causes of personality disorders. 6
9. Explain automatic thoughts. Describe the techniques used in cognitive behaviour therapy. 6

[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. Reality therapy. | 3 |
| 11. Counselling and guidance. | 3 |
| 12. Questioning techniques in solution focused counselling. | 3 |

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