

No. of Printed Pages : 4

MPCE-023

MASTER OF ARTS

PSYCHOLOGY

(MAPC)

Term-End Examination

June, 2026

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 in about

450 words each.

2×10=20

1. Explain learning disability. Describe the techniques for helping children with learning disability. 4+6
2. Describe the stages in couple counselling. 10
3. Explain integrative counselling. Describe the approaches, potentials and limitations of integrative counselling. 10
4. Discuss the applications of cognitive behaviour therapy in different settings. 10

Section—B

Note : Answer any four of the following in about
250 words each. 4×6=24

5. Describe the applications of interpersonal counselling. 6
6. Define Counselling. Differentiate it from Psychotherapy. 2+4
7. Describe the various self-management strategies. 6
8. Explain the concept of fully functioning person. 6
9. Discuss the benefits and challenges in e-counselling, and highlight the ethical issues in it. 6

Section—C

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

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| 10. Sleep Walk. | 3 |
| 11. The Miracle question. | 3 |
| 12. Techniques used in CBT. | 3 |

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