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| PG-274 | MCP-14 |
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M.Sc. DEGREE /P.G. DIPLOMA
EXAMINATION — JUNE, 2009.

(AY 2007–08 batch onwards)

First Year

Counselling and Psychotherapy

COUNSELLING AND HEALTH PSYCHOLOGY

Time : 3 hours

Maximum marks : 75

PART A

Answer any THREE questions not exceeding
1 page each.

1. Write about family counselling.
2. What are purposes of counselling?
3. State the difference between counselling and psychotherapy.
4. What are the indicators of stress?

PART B

Answer any **FOUR** questions not exceeding
4 pages each.

5. Write in detail about the need for educational counselling.
 6. What are the psychological disorders of stress? Write about its preventive methods.
 7. Identify the characteristics of the counsellor.
 8. Describe psychological methods of management of pain.
 9. Explain the cognitive approaches in promoting mental health.
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