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MPCE-21

Counselling Psychology

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By: Rakesh Kumar



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**Sample Preview
of the
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QUESTION PAPER

June – 2024

(Solved)

COUNSELLING PSYCHOLOGY

MPCE-21

Time: 2 Hours]

[Maximum Marks : 50

Note: The question paper has three Sections. Attempt the questions as instructed in each Section.

SECTION – A

Note: Answer the following questions:

Q. 1. Differentiate counselling from guidance and psychotherapy. Describe the characteristics of a counsellor.

Ans. Ref.: See Chapter-1, Page No. 4, Q. No. 2 and Page No. 5, Q. No. 3 and Page No. 3, 'Characteristics of a Counsellor'.

Q. 2. Discuss the person-centered approach to counselling.

Ans. Ref.: See Chapter-3, Page No. 23, 'Person Centred Approach'.

Q. 3. Explain the basic approaches, steps and techniques in art therapy.

Ans. Ref.: See Chapter-7, Page No. 68, 'Art Therapy'.

Q. 4. Discuss the need and scope of educational and vocational counselling.

Ans. Ref.: See Chapter-10, Page No. 96, 'Need for Educational and Vocational Counselling', Scope of Educational and Vocational Counselling', Page No. 98, Q. No. 5 and Page No. 100, Q. No. 4.

SECTION – B

Note: Answer any four of the following questions:

Q. 5. Describe the signs and symptoms of depression.

Ans. Ref.: See Chapter-13, Page No. 128, 'Signs and Symptoms of Depression: General Terms', Page No. 133, Q. No. 4 and Q. No. 5.

Q. 6. Explain the criteria for gender identity disorder.

Ans. Ref.: See Chapter-15, Page No. 158, 'Criteria for Gender Identity Disorder'.

Q. 7. Explain the process of counselling.

Ans. Ref.: See Chapter-2, Page No. 12, 'The Process of Counselling'.

Q. 8. Discuss the view of human nature, role of counsellor and techniques in reality therapy.

Ans. Ref.: See Chapter-3, Page No. 22, 'The Phenomenological (Adlerian) Approach'.

Q. 9. Describe the steps involved in systematic desensitisation.

Ans. Ref.: See Chapter-6, Page No. 59, 'Systematic Desensitisation'.

SECTION – C

Note: Write short notes on any two of the following:

Q. 10. Counselling for child abuse

Ans. Ref.: See Chapter-11, Page No. 107, 'Counselling for Child Abuse'.

Q. 11. Self Psychology

Ans. Ref.: See Chapter-5, Page No. 54, 'Self Psychology'.

Q. 12. Symptoms of anxiety disorders

Ans. Ref.: See Chapter-12, Page No. 118, 'Symptoms of Anxiety Disorders'.



QUESTION PAPER

December – 2023

(Solved)

COUNSELLING PSYCHOLOGY

MPCE-21

Time: 2 Hours]

[Maximum Marks : 50

Note: All sections are compulsory.

SECTION – A

Note: Answer any two of the following questions:

Q. 1. Discuss the nature and goals of Adlerian approach to counselling. Explain the techniques used this approach.

Ans. Ref.: See Chapter-3, Page No. 22, 'The Phenomenological (Alderian) Approach'.

Q. 2. Explain the importance and implications of behavioural therapy in counselling highlighting the classical conditioning procedures.

Ans. Behaviour therapy is a type of counseling that can be important and effective in treating a variety of mental health disorders:

Identifying and changing unhealthy behaviours: Behaviour therapy helps people identify behaviours that may be making their lives more difficult and then change them. For example, someone who is shy at parties may be taught conversational skills to help them feel more comfortable in social situations.

Teaching coping skills: Behaviour therapy can help people learn practical skills to cope with stress and regulate their thoughts. For example, someone with anxiety may learn to calm down by focusing on deep breathing.

Treating a range of disorders: Behaviour therapy can be used to treat a wide range of disorders, including depression, anxiety, panic disorders, and disorders involving excessive anger.

Helping children adapt: Behaviour therapy can help children adapt to their environment and manage their symptoms.

Fast results: Behaviour therapy can often produce positive results faster than other talking therapies.

Behaviour therapy is based on the idea that human behaviour is learned and can be changed. It originated in the early 20th century and has evolved over time

through the work of many pioneers, including Ivan Pavlov, B.F. Skinner, Albert Bandura, and Joseph Wolpe.

Classical conditioning involves forming associations between stimuli. Previously neutral stimuli are paired with a stimulus that naturally and automatically evokes a response. After repeated pairings, an association is formed and the previously neutral stimulus will come to evoke the response on its own.

Classical conditioning is one way to alter behaviour. Several different techniques and strategies are used in this approach to therapy.

Aversion therapy: This process involves pairing an undesirable behaviour with an aversive stimulus in the hope that the unwanted behaviour will eventually be reduced. For example, someone with an alcohol use disorder might take Antabuse (disulfiram), a drug that causes severe symptoms (such as headaches, nausea, anxiety, and vomiting) when combined with alcohol.

Flooding: This process involves exposing people to fear-invoking objects or situations intensely and rapidly. It is often used to treat phobias. During the process, the individual is prevented from escaping or avoiding the situation.

Systematic desensitization: In this technique, people make a list of fears and then learn to relax while concentrating on these fears. Starting with the least fear-inducing item and working their way to the most fear-inducing item, people systematically confront these fears under the guidance of a therapist. Systematic desensitization is often used to treat phobias and other anxiety disorders.

When you learn through classical conditioning, an automatic conditioned response is paired with a specific stimulus. This creates a behaviour.

Sample Preview of The Chapter

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COUNSELLING PSYCHOLOGY

Introduction to Counselling and Characteristics of A Counsellor

1

INTRODUCTION

As a part of this unit, we discuss issues pertaining to counsellors, counsellor and guidance. We begin by defining counsellor and guidance and then distinguishing guidance from counsellor. We then examine the characteristics of counsellor and guidance and contrast counsellor with psychotherapy. Next, we talk about the counsellor and the important aspects of a counsellor. Besides providing information about the typical training and education qualifications required to become a counsellor, we also provide information about licenses for counsellors in India and abroad. After this, we discuss counsellor qualifications, certifications, and advancements in the field. Afterward, we discuss counsellor values and how they apply them in the field.

CHAPTER AT A GLANCE

DEFINITION OF COUNSELLING

Counselling is a relatively new profession that emphasizes growth and prevention of serious mental health problems through education and short-term treatments. It is distinguished from other mental health disciplines by its history and emphasis. Counselling involves helping individuals sort out issues and reach decisions affecting their life, and is often sought out during times of change or crisis. It is a process that enables individuals to explore and understand the problem and emphasizes the professional relationship and self-determined goals. Counselling should not be confused with advice giving or directing. The profession is principled and relies heavily on information. Counselling takes place in a private and

confidential setting and deals with personal, social, vocational empowerment, and educational concerns. It is conducted with persons who are considered to function within the normal range and encompasses various subspecialties.

The history of counselling and the emphasis it places on mental health problems distinguish it from other mental health disciplines. The emphasis is on educating people and offering short term treatments to prevent serious mental health problems. The emphasis is on growth as well as remediation. In addition to treating a wide variety of symptoms, it is also one of the largest psychology specialties.

Despite the fact that counsellor as a profession is relatively new, it grew out of the guidance movement, in opposition to traditional psychotherapy. In order to truly understand what counsellor is, knowledge of these concepts is essential.

Generally, counselling occurs face-to-face in confidential sessions between the counsellor and the client. However, counselling can also be conducted by telephone, in writing, and, nowadays, by email, or via video conferencing. It can and may take many forms to bring a person to a better understanding of himself and others. Thus, it is clear that counselling can be beneficial for individuals who are having difficulty finding, forming, and maintaining relationships.

In other words, counselling is the ability to listen and respond in such a way that others will be able to solve their own problems and achieve their potential. By analyzing the situation and the facts independently, others can come up with the right answer. It must be done skilfully without attempting to influence the client's values and beliefs.

INTRODUCTION TO COUNSELLING AND CHARACTERISTICS OF A COUNSELLOR / 2

Biswalo (1996) defines counselling as a process of helping an individual to understand and accept information in order to either solve or cope with present problems. Counselling relies heavily on information.

In the British Association for Counsellor and Psychotherapy (2002), counselling is when a counsellor meets with a client privately and confidentially to discuss the difficulty, distress, or dissatisfaction the client may be experiencing in their lives or their lack of a sense of direction.

In addition to the American Counsellor Association (ACA), Division 17 of the American Psychology Association has also defined counselling numerous times.

The following points are common among these definitions:

- Counselling is a profession.
- Counselling involves personal, social, vocational, and educational issues.
- Counselling is conducted with persons with function within the normal range.
- Counselling involves theory and takes place in a structured setting.
- Counselling is a process in which clients learn how to make decision and formulate new ways of behaving, feeling and thinking.
- Counselling encompasses various subspecialties.

Now, let us consider how counsellor differs from guidance.

Counselling and Guidance

Biswalo (1996), "Guidance is a term used to denote the process of helping an individual to gain self understanding and self direction (self decision making) so that he can adjust maximally to home, schools or community environment."

In guidance, future actions are directed, supervised, or guided professionally. You are more likely to receive guidance, when something is unclear to you or that you aren't familiar with and you have someone familiar with explaining it to you, whereas counselling is about something that is troubling you.

Someone who provides guidance offers you suggestions how to explore various alternatives. Counselling may also offer suggestions, but it also tries to teach you strategies for achieving your objectives are.

Guidance is pre problem *i.e.* there is no specific problem that is identified in an individual. Counselling is post problem, meaning a problem has already been

identified and the counsellor only helps to address the problem, not to resolve it.

In counselling, the client is not given opinions, instructions, or advice; instead, he or she is guided to choose the best solution. Counselling is based on a wellness model rather than a medical model. Hershenson and Strein (1991) as well as Palmo, Shosh and Weikel (2001) both stressed that counsellors are concerned about the client's environment with a more holistic perspective than other professionals, as well as a concern that extends beyond treating dysfunctions and dealing with the clients' self awareness, personal growth, and wellness.

Guidance refers to the act or process of guiding. Guidance is a type of counsellor, e.g., offering career or academic advice.

Characteristics of Guidance

Guidance is both generalised and a specialised service. It is needed right from early childhood, adolescence through adulthood and old age. Guidance is more information oriented and addresses the developmental issues. On the other hand, counselling is more remedial in nature, helping the person deal with the problems.

Counselling and Psychotherapy

The purpose of psychotherapy, or personal counselling with a psychotherapist, is to provide guidance and assistance to clients or patients in dealing with life's difficulties. It has historically focused on serious problems associated with intra-psychic, internal, and personal conflicts and issues.

As a result, it emphasizes:

- The past more than the present
- Insight over change,
- The therapist's detachment,
- The therapist's role as an expert.

Psychotherapy usually involves a long term relationship that focuses on rebuilding change. It is provided in both outpatient and inpatient settings, whereas counselling deals with minor problems of daily living and is usually provided in outpatient settings.

HALLMARKS OF A COUNSELLOR

There are many connotations of the word counsellor. It is often used to describe therapists. Effective counsellors can spot unfavourable patterns of thinking, including depressive or anxious thoughts. You can improve your relationship with people with the help of a skilled counsellor. Counsellor attributes would undoubtedly include comprehension of the

psychological theories underlying our awareness of the human experience. Counsellors need to understand the characteristics of abnormal personality and personality theories in order to implement the techniques advocated by proponents of particular theories. They need to be able to provide clients with a better counselling experience. Cultural differences should be considered by counsellors.

CHARACTERISTICS OF A COUNSELLOR

The personality of a counsellor is an integral part of determining how effective their counsellor is. The skills necessary for effective counselling cannot be compromised and cannot be compromised. In order to be effective in counselling, one must be aware of oneself and what impact one has on others.

An effective counsellor must realise the importance of personal values, attitudes and self-esteem. He or she is motivated by an internal source of motivation and drive and seeks growth rather than external approval. Effective counsellors need to develop and use their ability to model their behaviour for their clients; this is one of the most potent media for personal growth and change; it also brings us to the important question of values.

Confidentiality is crucial for successful counselling. Therapists must maintain trust and faith in the therapeutic relationship by respecting their clients' privacy and upholding confidentiality. Empathy allows for a feasible and achievable plan of action. Counsellors build credibility through honesty and consistency, and must not discriminate. They help others out of concern, not for personal glory, and face rejection and challenges in their work.

Educational Qualifications of a Counsellor

There is usually a master's degree requirement for being a licensed counsellor in Western countries. State-specific requirements vary by specialty, so applicants should check with state or local governments, employers, and certification organizations to find out what is required.

Education and Training

In general, counsellors require a master's degree, but they vary according to their occupational specialty and state license. Various fields of counselling can be studied in counsellor education programs offered in departments of education, psychology, or human services, including college student affairs, rehabilitation counselling, and clinical mental health

counselling. Human growth and development, counselling techniques, ethics, and identity are some of the topics covered in coursework. An accredited master's degree program usually requires 48-60 semester hours of graduate study, including supervised clinical experience.

Counsellors receive training from their employers in the form of time off or tuition assistance to complete a graduate degree or through participation in graduate studies, workshops, and personal studies to maintain their certificates and licenses. The training process covers micro skills such as explaining the counselling process, demonstrating the skills involved, evaluating non-verbal and minimal responses, reflecting content and feeling, demonstrating appropriateness in counselling, developing questioning techniques, understanding risk involved in questioning, using various micro skills such as summarizing, confrontation, and reframing, challenging self-destructive beliefs, and improving a client's psychological well-being through choices and overcoming psychological blocks. The training also covers terminating a counselling session and addressing dependency effectively.

The training of student trainees in counselling involves reporting on an observed counselling session, identifying learning methods, demonstrating difficulties in applying micro skills, discussing approaches to modelling, evaluating verbal and non-verbal communication, demonstrating the use of minimal responses, reflecting both content and feeling, comparing the use of open and closed questions, identifying self-destructive beliefs, normalizing, demonstrating the use of confrontation and reframing, determining responses to dilemmas, explaining the circle of awareness, overcoming psychological blockages, reaching a desired goal, understanding inter-dependency, and addressing and overcoming dependency.

As part of the training program, student trainees will learn how to apply counselling concepts to a variety of settings, including family support services, non-profit organizations, government agencies, community health centres, outreach services, women's health centres, and counselling young people. Additionally, they will learn about family therapy, substance abuse, counselling the elderly, death and bereavement counselling, and counselling at work. Students will also learn Cognitive Behaviour Therapy and counselling skills with AIDS.

Licensure

In the US, licensure requirements for counsellors vary by state, specialty, and work setting. Some states require a master's degree and state certification, while others require a license with continuing education credits. Substance abuse and behaviour disorder counsellors may have different requirements. In India, the Rehabilitation Council of India provides licensing for counsellors. It is a statutory body that regulates and monitors services for people with disabilities. It standardizes training courses for professionals and maintains a register of qualified professionals. The RCI is responsible for upgrading the knowledge and skills of professionals working in disability rehabilitation and special education. The council also supports Continuing Rehabilitation Education programs for in-service professionals.

Other Qualifications

People interested in counselling should have a desire to help others and inspire trust and respect, and have the ability to work independently or as part of a team. They must adhere to the code of ethics for their certification and license and possess high physical and emotional energy to handle the range of issues they face, which can be stressful.

Certification and Advancement

In the advanced countries like US, becoming a certified counsellor is voluntary, but it can enhance job prospects. The National Board for Certified Counsellors offers general practice and specialty certifications, while the Commission on Rehabilitation Counsellor Certification offers certification for rehabilitation counsellors. The certification requirements vary based on educational background, and recertification requires either passing the exam again or completing continuing education. Career advancement opportunities for counsellors include becoming directors or supervisors, researchers, advanced clinicians, or going into private or group practice. Some choose to pursue a doctoral degree to improve advancement chances.

Counsellor and Values

In counselling, both the counsellor and client come to the encounter with their own set of values and principles, which may differ from one another. The counsellor must be able to understand and enter the client's value system non-judgmentally in order to help them resolve conflicts. Effective counselling requires more than just effective communication skills, as these skills can also be used destructively. The counsellor must have ethical values and use their knowledge and skills to protect the vulnerable client from further harm.

SELF-ASSESSMENT QUESTIONS

Q. 1. Define counselling.

Ans. Biswalo (1996) defines counselling as a process of helping an individual to accept and to use information and advice so that he/she can either solve his/her present problem or cope with it successfully. Counselling relies heavily on information. It is the ability to listen and respond in a way that will assist others in solving their own problems and attaining their potential. In this field, counsellor assists others in reaching the right answer by analyzing the situation and facts on his own. However, the client's values and beliefs must not be influenced. Essentially, it involves conversing with a person in a way that assists them in solving a problem, or to create conditions that allow them to understand or improve their behaviour, character, values, or circumstances. A person can use it to sort out life's issues and make decisions. It emphasises on exploration and understanding the problem and stresses the importance of self-determined goals.

As defined by the British Association for Counsellor and Psychotherapy (2002), counselling is a process by which a counsellor meets with a client in a confidential and private setting to discuss a client's challenges, distress, or dissatisfaction with life or a sense of direction and purpose.

Several definitions of counsellor have been provided by both the American Counsellor Association (ACA) and Division 17 of the American Psychology Association. These definitions share several similarities, including the following:

- Counselling is a profession.
- Personal, social, vocational empowerment and educational concerns are addressed by counsellor.
- Counselling is carried out in a group setting with persons considered to be functioning within the normal range.
- It is based on theory and is conducted in a structured setting.
- Counselling is a process in which clients learn how to make decision and formulate new ways of behaving, feeling and thinking.
- Counselling encompasses various subspecialties.

Q. 2. Discuss the difference between guidance and counselling.