

Tribhuvan University

2079

Bachelor Level **4 Yrs. Prog.** / Humanities / III Year

Psychosocial Counselling

Psychology (Psy. 425)

Full Marks: 70

Time: 3 hrs.

Candidates are required to give their answers in their own words as far as practicable. The figures in the margin indicate full marks.

Attempt any TWO from Group "A" and FOUR from Group "B"

Group "A" (Long Answer Question)

2×15=30

1. What is the concept of psychosocial problems? Explain the different types of family issues that contribute to juvenile delinquency in the context of Nepal.
2. Provide the definition of counselling. Differentiate between trauma counselling and psychosocial first aid. Also illustrate the process of providing psychosocial first aid.
3. Describe the client-centered approach to counselling.

Group "B" (Short Answer Question)

4×10=40

4. What are the indicators of psychosocial well-being? Elaborate.
Discuss the current mental health situation in Nepal.
6. Justify the importance of counselling in addressing internet addiction.
7. Explain how interpersonal skills serve as a significant therapeutic tool in counselling and justify their importance.
8. Describe the most effective way of exploring problems during counselling sessions providing suitable examples.
9. Develop a counselling plan for couples based on a narrative approach.

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