

**Tribhuvan University**

2080

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. Define psychosocial problems and describe various forms of human trafficking involving girls and women due to psychosocial problems in Nepal with appropriate examples.
2. Define counselling and distinguish between psychoeducation from psychosocial first aid. Visualize the process of delivering psychosocial first aid.
3. Explain the principles and techniques of the Gestalt approach to counselling.

**Group "B" (Short Answer Question)**

4×10=40

4. What are the indicators of mental health? Provide a detailed explanation of each indicator.
5. Explore the mental health issues contributing to the mental health gap in Nepal.
6. Describe how counselling can provide support in reducing exam anxiety among students.
7. How do the qualities of a counsellor contribute to improving the mental health of the clients? Elaborate.
8. Explain the importance of assessment as a crucial component of the counselling plan. How does it relate to evaluating counselling effectiveness?
9. Develop a counselling plan for grief counselling using an existential approach.

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