

**Tribhuvan University**

2081

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 questions from Group "A" and FOUR questions from Group "B".

**Group "A" (Long Answer Question)**

2×15=30

1. Explain the concept of psychosocial problems? Discuss different forms of sexual violence as the factors contributing to school adjustment difficulties among girl student.
2. Differentiate between family counselling and group counselling and discuss its process.
3. Discuss the cognitive behavioural approach to counselling and its strategies for addressing psychological issues.

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

4×10=40

4. What are the indicators of abnormal behaviour? Elaborate.
5. How does the mental health network help in reducing the mental health gap? Discuss.
6. Explore the unethical practices in the counselling profession in Nepal.
7. Justify the significance of a counsellor's cultural, social and personal awareness as skill in counselling.
8. What factors should be considered before counselling sessions? Explore the contents of a case history form.
9. Develop a counselling plan for addressing substance dependence using a behavioural approach.