

**Post Graduate Diploma in Guidance & Counselling 2<sup>nd</sup> Semester Examination  
- 2015-16**

**BIO PSYCHOLOGY & PSYCHOPATHOLOGY  
Sixth Paper (PGDGC 106)**

**ASSIGNMENT**

*(To be submitted by 3<sup>rd</sup> July, 2016)*

**Full Marks - 100**

**Weightage of marks: 20%**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own languages as far as practicable.*

1. Answer **any ten** questions from the following: 2×10
  - a. Define Psychopath.
  - b. What is Border Line Personality Disorder?
  - c. What is Identity crisis?
  - d. What is 'PTSD'?
  - e. What do mean by abnormal behavior?
  - f. What is neurosis?
  - g. Mention two features of Psychosomatic Disorder.
  - h. What is delusion?
  - i. What do you mean NREM Sleep?
  - j. What is panic attack?
  - k. What is mania?
  - l. What are the two causes of Parkinson's disease?
  
2. Answer **any six** questions from the following: 10×6
  - a. Enumerate the anatomical structure of an ideal Neuron with suitable diagram(s). 10
  - b. What is Dementia? What are the types of Dementia? Mention difference between Dementia and pseudo dementia. 2+3+5
  - c. What is stress? Discuss the causes of stress and the coping mechanism of stress. 2+4+4
  - d. What do you mean by a 'Neuro Transmitter'? Describe the chemical mechanisms that happen within a Synapse during a neural transmitter. 3+7
  - e. What is Depression? Mention the clinical features of Major Depression? What are the causes of Depression? 2+3+5
  - f. What are the different types of mental retardation? What are the causes of mental retardation? How will you manage a case of mental retardation? 3+3+4
  - g. What is Paranoid Personality Disorder? Describe the symptoms and causes of this disorder. 2+4+4
  - h. What is OCD? Give examples of different types of OCD? What are the Psychodynamic causes of OCD? 2+3+5
  - i. Describe the regulation of Thyroid by Pituitary and self-feedback system. Mention to functions of each fat-soluble Vitamins. 6+4
  
3. Answer **any one** question from the following: 20×1
  - a. Illustrate in detail the multi-axial classification system of Abnormal Behaviour according to DSM-V and its significance. 20
  - b. What is Schizophrenia? What are the different types of Schizophrenia? Mention the clinical features of Hebephrenic. How will you manage a case of Hebephrenic? 2+4+4+10

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**THERAPEUTIC APPROACHES IN PSYCHOLOGY  
Seventh Paper (PGDGC 107)**

**ASSIGNMENT**

*(To be submitted by 3<sup>rd</sup> July, 2016)*

**Full Marks - 100**

**Weightage of marks: 20%**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own languages as far as practicable.*

1. Answer **any ten** questions from the following: 2×10
    - a. What is Insight Psychotherapy?
    - b. Define Transactional Analysis.
    - c. Who invented Rational Emotive Therapy and Gestalt Therapy?
    - d. What is Supportive Psychotherapy?
    - e. Define Psychodrama.
    - f. What do you mean by Interpersonal Psychotherapy?
    - g. What is Existential Therapy?
    - h. What are the basic principles of Roger's Client Centered Therapy?
    - i. What is Electro-convulsive Therapy?
    - j. Define Reality Therapy.
    - k. What do you mean by Cognitive Behavioral Therapy?
    - l. What is Sleep Therapy?
  
  2. Answer **any six** questions from the following: 10×6
    - a. How do you counsel a patient who is suffering from a terminal illness? 10
    - b. Give a brief idea of Psychoanalysis. 10
    - c. Do you think Biological based therapy is effective for persons who are suffering from psychiatric disorders? Discuss with examples. 4+6
    - d. How you counsel a child who is suffering from Attention Deficit Hyperactive Disorder? 10
    - e. What are the main causes of marital counseling? How you counsel a couple who are going to adopt a child? 4+6
    - f. In which situations family therapy is essential? What are the steps of family therapy? Explain with example. 2+3+5
    - g. How you counsel a person who is suffering from Obsessive Compulsive Disorder? 10
    - h. Briefly describe Dream Analysis of Sigmund Freud. 10
    - i. How you counsel a middle aged person who is suffering from depression and unnecessary thoughts of his/her illness? 10
  
  3. Answer **any one** question from the following: 20×1
    - a. What are the main principles of Rational Emotive Therapy? How these principles will be applied in a situation where an old adult facing problem like dying and his/her future? 8+12
    - b. What do you mean by Gestalt Therapy? What are the essential features of Gestalt Therapy? Briefly describe the procedure of Gestalt Therapy with an example. 4+6+10
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**COUNSELLING IN PRACTICE  
Eighth Paper (PGDGC 108)**

**ASSIGNMENT**

*(To be submitted by 3<sup>rd</sup> July, 2016)*

**Full Marks - 100**

**Weightage of marks: 20%**

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*Candidates are required to give their answers in their own languages as far as practicable.*

1. Answer **any ten** questions from the following: 2×10
  - a. What is your concept about Mental Status Examination?
  - b. Define Phobia with examples.
  - c. What is meant by Substance Abuse?
  - d. How HIV and AIDS are interrelated.
  - e. Why Counselling differs from Advising?
  - f. Define ASD with 4 important symptoms.
  - g. What are the Characteristics of Traumatized Child?
  - h. Mention two causes of hearing impairment?
  - i. What is Low Cognitive Ability?
  - j. Explain in brief about Scholastic Backwardness.
  - k. Difference between Conventional and Non-Conventional Counseling.
  - l. Explain with examples about Life-threatening Illnesses.
  
2. Answer **any six** questions from the following: 10×6
  - a. Describe briefly the Counseling skills and Methods. 5+5
  - b. Discuss the problems faced by the Physically Challenged children in life and their counseling methods. 4+6
  - c. What are the characteristics of Mood swing in Bipolar Disorder? Describe management of Bipolar Mood Disorder.
  - d. Discuss the steps of rehabilitation process of Visually Impaired patients. 10
  - e. How do you identify ADHD? How would you plan to manage Hyperactive Child? 4+6
  - f. What are the main area of differences of Normal and gifted child? As a Counsellor how do you support the parents of a gifted child? 5+5
  - g. Write short notes on – 5+5
    1. Diagnostic Formulation
    2. Neurological Examination
  - h. Describe shortly – 5+5
    1. Counseling of ‘preparing for retirement’.
    2. Counseling for preparation of ‘changing residence’.
  - i. Mention the different area of target for counseling 5+5
    1. Emotionally Disabled and
    2. Traumatized Child

[Turn Over]

3. Answer **any one** question from the following: 20×1
- a. Describe important characteristics of Epilepsy? Write down the difference between epilepsy and seizure. Design a management plan for epileptic patient. 5+5+10
- b. *“A Father has been transferred from one city another city for job. He wants to shifts only with his wife and single child i.e. son (age 12 years). But the son does not want to leave the city, rather wants to stay with his grandparents because this city is his comfort zone, particularly he is very afraid about strange atmosphere of school and peer group of another city”.*
- In this case, as a Counsellor what particular steps you will take to counsel the BOY (son) as well as to the parents? Explain. 10+10
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