

**CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE, NUVEM-GOA**

**M.A. (PSYCHOLOGY) EXAMINATION**

**SEMESTER END ASSESSMENT, JULY 2021**

**PLO 403: CLINICAL MENTAL HEALTH COUNSELLING**

**Duration: 2 Hours**

**Total Marks: 30**

**Instructions:**

1. Read each question carefully.
2. Write the correct question number.
3. Each question carries 10 marks.

**Answer any three of the following questions**

1. Discuss the importance of legal and ethical issues in clinical mental health counselling.
2. Examine the role of a clinical mental health counsellor during the current COVID-19 pandemic.
3. Supervision is integral to clinical practice. Elucidate.
4. Trauma-focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment that helps children address the negative effects of trauma. Give your thoughts.
5. Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) are two popular techniques for treating mental illness. How do these two approaches differ from each other? Which approach according to you is the most effective in treating mental illness and why?