

QP CODE: 24001006	Reg No	:	
	Name	:	

B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS, MARCH 2024 Sixth Semester

B.Sc Psychology Model I

CHOICE BASED CORE COURSE - PY6CBT01 - THEORY AND PRACTICE OF COUNSELLING

2017 Admission Onwards

FBA7BFB0

Time: 3 Hours Max. Marks: 80

Part A

Answer any ten questions.

Each question carries 2 marks.

- 1. Scope of counselling.
- 2. Autonomy.
- 3. Pre counselling interview.
- 4. Counsellee Characteristics.
- 5. Empathy.
- 6. Strengths of existential counselling.
- 7. Gestalt counselling.
- 8. Primary Psychological needs.
- Meditation.
- 10. Stages of raja yoga.
- 11. Rapport.
- 12. Equillibrium theory of crisis intervention.

 $(10 \times 2 = 20)$



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Part B

Answer any six questions.

Each question carries 5 marks.

- 13. Compare Counselling, Guidance and Psychotherapy as related fields.
- 14. Differentiate Empathy and Unconditional positive regard.
- 15. Write the role of counsellor and view of human nature in psychoanalytic counselling.
- 16. Explain Transactional Analysis.
- 17. State the essential characteristics required for the successful implementation of cognitive counselling.
- 18. Define Cognitive Therapy and Elaborate on its goals and role of Counsellor.
- 19. Describe healthy personality in Indian approach.
- 20. How are differently abled classified?
- 21. Explain the remediation and awareness programmes available for alcohol and substance abusers?

 $(6 \times 5 = 30)$

Part C

Answer any two questions.

Each question carries 15 marks.

- 22. Portrait the characteristics of an effective counsellor
- 23. Elaborate on the view of human nature, role of counsellor, Goals, strenghts and limitations of Person centred counselling approach.
- 24. Elucidate the techniques of behavioural counselling with the help of suitable examples.
- 25. Counselling and rehabilitation of victims of abuse and violence.

 $(2 \times 15 = 30)$

