

TB246608D

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024
2017, 2018, 2019, 2020 ADMISSIONS SUPPLEMENTARY
SEMESTER VI - CHOICE BASED CORE (PSYCHOLOGY)
PY6CB1 - Theory and Practice of Counselling

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. What are the three major causes for unethical practice in counseling?
2. What is autonomy in counseling?
3. What is referral in counseling?
4. What are the characteristics of a counselor?
5. Explain briefly weakness of person-centered therapy.
6. Explain the 4 layers of a person's life.
7. What is systematic desensitization?
8. What are the main goals of REBT?
9. What is Jnana yoga?
10. Explain Pratyahara stage of yoga.
11. Write a note on the causes for teenage crime.
12. Explain briefly socio-psycho-transitional developmental theory?

Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. Discuss the difference between counseling and guidance.
14. Explain the major aspects of healthy relationship in counseling.
15. Explain human nature, it's goals, strengths and limitations according to Freud.
16. Explain briefly the goal of gestalt therapy.
17. Explain in detail about Existential therapy.
18. Explain in detail the REBT A-B-C theory at work.
19. Explain briefly the rational understanding in CIC.
20. Give an account of Role of Counselors for prevention and rehabilitation of Addicts
21. Explain briefly the rational understanding in CIC.



Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Illustrate the difference between counseling and psychotherapy.
23. Explain the stages of counseling process.
24. Give an account of reality therapy.
25. Describe Progressive Muscular Relaxation method