

TB246274U

18-4

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024

2021 ADMISSIONS REGULAR

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 is psychotherapy?
2. Explain in brief counseling as a helping relationship.
3. What are the factors affecting readiness in counseling process?
4. What are skills?
5. Write a note on Dream work and confrontation in Gestalt therapy.
6. Explain the limitation of Gestalt therapy
7. What is shaping?
8. Explain the Disputation in REBT.
9. What is karma yoga?
10. What is Raja Yoga ?
11. What are the methods used by Jacobson in Crisis Intervention Counseling (CIC)?
12. What is rehabilitation counseling?

Part B

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

(6x5=30)

13. What are counseling ethics?
14. Explain how to identify an effective and ineffective groups in counselling
15. Explain briefly the importance of experience in gestalt therapy?
16. Explain briefly view of human nature in Existential Therapy.
17. Write a note on Person –Centered counseling.
18. What is WDEP System?
19. Explain transference and counter transference in counseling weaker section.
20. What are the types of crisis?
21. What are the theories of CIC

Part C

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

(2x15=30)

22. Explain the stage of problem assessment in detail
23. Listening is important in counseling - Substantiate
24. Critically compare the techniques of behavioural and cognitive behavioural therapy.
25. How does yoga and meditation work in counseling to build healthy personality?

