

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2025**  
**2017, 2018, 2019, 2020, 2021 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. Define counseling.
2. Explain genuineness as a characteristic of counselor.
3. What are the characteristics of a counselor?
4. Explain general characteristic of counsellor
5. Explain briefly weakness of person-centered therapy.
6. Discuss the goal of person centered therapy.
7. Describe schedules of reinforcements.
8. Explain two main techniques of REBT.
9. What is the basic principle of JPMR?
10. What is the basic principle of yoga?
11. Explain briefly the psychological barriers in self-disclosure and self -hatred.
12. Write a note on Individual approach in CIC?

**Part B**

**II. Answer any Six questions. Each question carries 5 marks****(6x5=30)**

13. Explain the similarities and differences between psychotherapy and counseling.
14. Explain unconditional positive regard in counseling.
15. Write a short note on Gestalt concept of present focus.
16. Explain briefly the goal of gestalt therapy.
17. Elaborate on the Psychoanalytic approach and its strengths and weaknesses.
18. Explain in detail the REBT A-B-C theory at work.
19. What is the role of counselors in prevention and rehabilitation of addicts?
20. What are the types of crisis?
21. Write a note on the psychological barriers in personalism and listening in counseling the weaker section.

**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. Critically compare the techniques of behavioural and cognitive behavioural therapy.
25. Describe Progressive Muscular Relaxation method