

TB206786W

Reg. No :

Name :

B. Sc. DEGREE (C.B.C.S.) EXAMINATION, MARCH 2023
(2020 Admission Regular, 2019, 2018 and 2017 Admissions Supplementary)
SEMESTER VI - CORE COURSE (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. Explain confidentiality and anonymity in counselling
2. What is psychotherapy?
3. Describe the major factors affecting the relationship between counselor and counselee.
4. Explain general characteristic of counsellor
5. Discuss the goal of person centered therapy.
6. Write a note on Dream work and confrontation in Gestalt therapy.
7. What are the main goals of REBT?
8. Explain two main techniques of REBT.
9. What is Raja Yoga ?
10. What is the basic principle of yoga?
11. Explain briefly socio-psycho-transitional developmental theory?
12. What is rehabilitation counseling?

Part B

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

(6x5=30)

13. Explain the characteristics of helping relationship.
14. What is congruence in counseling?
15. Explain exaggeration and making the rounds in gestalt therapy.
16. Explain briefly the importance of experience in gestalt therapy?
17. What are the limitations of Gestalt therapy?
18. Write a note on the goals of reality therapy.
19. Explain the methods of Crisis Intervention Counseling (CIC).
20. What is the role of counselors in prevention and rehabilitation of addicts?
21. Give an account of 7 psychological barriers in counseling the weaker sections and minorities.

Part C

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

(2x15=30)

22. Discuss on the major goals of counseling.
23. Describe the counselor's and counselee's skills and characteristics affecting the counseling process.
24. Critically compare the techniques of behavioural and cognitive behavioural therapy.
25. How does yoga and meditation work in counseling to build healthy personality?