

D 70356

(Pages : 2)

Name.....

Reg. No.....



FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS—UG)

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

1 mark each.

Select the correct answer :

1. Which of these describe the ability to be authentic in a helping relationship ?
(a) Respect and positive regard. (b) Concreteness.
(c) Warmth. (d) Empathy.
2. Who is the proponent of Person centered therapy ?
(a) Freud. (b) Beck.
(c) Rogers. (d) Ellis.
3. Which of these involves the shifting of blame or assigning of one's faults to others ?
(a) Displacement. (b) Projection
(c) Reaction formation. (d) Rationalization
4. Through which technique the counselor sense what the client is half saying ?
(a) Advanced Empathy. (b) Immediacy.
(c) Probing. (d) Empathy.
5. Which condition indicate running away from school ?
(a) Anxiety. (b) School Phobia.
(c) Truancy. (d) Conduct disorder.

Fill in the blanks :

6. _____ is the ability to deal with here and now factors that operate within the helping relationship
7. Feelings of hopelessness, helplessness and worthlessness is known as _____.

Turn over

8. _____ are the royal roads to unconscious
9. _____ is termed as AIDS.
10. The collaborative relationship between client and counselor is known as _____.

(10 × 1 = 10 marks)

Section B*Write short answers.**Answer all questions.**2 marks each.*

- | | |
|------------------------------------|-----------------------------|
| 11. Unconditional positive regard. | 12. Cognitive distortions. |
| 13. Free association. | 14. Structuring techniques. |
| 15. Goal setting. | 16. Terminally ill. |
| 17. Confidentiality. | 18. Reassurance. |
| 19. AIDS. | 20. Silence. |

(10 × 2 = 20 marks)

Section C*Write a paragraph on any six.**5 marks each.*

21. How is counseling different from helping ?
22. Explain the counsellee characteristics that facilitate effective counseling.
23. Discuss the core conditions of counseling described in Person centered counseling.
24. Elaborate the theoretical concepts in cognitive counseling.
25. Describe opening techniques.
26. Explain problem solving and decision making.
27. Discuss legal aspects of counseling.
28. Differentiate between HIV positive and AIDS. How do you counsel a HIV positive person ?

(6 × 5 = 30 marks)

Section D*Write an essay on any two.**10 marks each.*

29. Describe Egan's model of counseling.
30. Explain principles and techniques of behavioural counseling. How do you counsel an adolescent who is having nail biting ?
31. Briefly discuss the techniques of counseling.
32. Discuss the role of a school counselor and the common problems seen among school students.

(2 × 10 = 20 marks)