

D 90265

(Pages : 3)

Name.....

Reg. No.....

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 1 mark.

Select the correct answer :

1. Which of these is a non-directive counselling ?
 - a) Client centered counselling.
 - b) Psychoanalytic counselling.
 - c) Behavioural counselling.
 - d) Cognitive counselling.
2. The agreement between the counsellor and counselle aimed at changing the behavior of counselle is termed :
 - a) Behaviour modification.
 - b) Behaviour Rehearsal.
 - c) Behaviour contract.
 - d) Behaviour change.
3. In which technique counsellor shares with the client his or her feelings, thoughts and experiences that are relevant to the situation presented by the client :
 - a) Empathy.
 - b) Genuineness.
 - c) Reflection.
 - d) Self-disclosure.
4. Who launched Person centered counselling :
 - a) Sigmund Freud.
 - b) Albert Ellis.
 - c) Carl Rogers.
 - d) Aaron Beck.
5. Release of pent-up emotion is known as :
 - a) Transference.
 - b) Resistance.
 - c) Rapport.
 - d) Catharsis.

Turn over

Fill in the blanks :

6. _____ developed cognitive counselling.
7. Super ego functions on the basis of _____ principle.
8. The collaborative relationship between client and counsellor is known as _____.
9. _____ is the first and foremost defense mechanism.
10. _____ technique involves repeating what the client has revealed in counsellor's words.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall ceiling 20.

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|-------------------------|----------------------|
| 11. Rapport. | 12. Empathy. |
| 13. Define counselling. | 14. Transference. |
| 15. Active listening. | 16. Silence. |
| 17. Role playing. | 18. AIDS. |
| 19. Divergent thinking. | 20. Cognitive triad. |

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall ceiling 30.

21. What are the important characteristics of an effective counsellor ?
22. Discuss scope of counselling.
23. What is Eclectic approach ?
24. What are the techniques to uncover unconscious ?

25. Describe poor forms of listening.
26. Explain SOLER.
27. How do you conduct premarital counselling ?
28. What kinds of problems are generally presented in college counselling ?

(5 × 6 = 30 marks)

Section D

Answer any two questions.

Each question carries 10 marks.

29. Give an overview of Egan's model of counselling.
30. Discuss the concepts, process and techniques of cognitive counselling.
31. Briefly explain different techniques of counselling.
32. Describe group counselling and its applications.

(2 × 10 = 20 marks)