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Name.....

Reg. No.....

**SECOND SEMESTER M.Sc. DEGREE REGULAR/SUPPLEMENTARY
EXAMINATION, APRIL 2025**

(CBCSS)

Psychology

PSY2C06—COUNCELLING PSYCHOLOGY

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

Section A - Short Answer Type Questions*Answer any four.*

1. What is the definition of counseling ?
2. Define the characteristics of a helping relationship.
3. What is the key principle of Gestalt therapy ?
4. Name one foundational area that influences counseling theory.
5. What is the primary focus of counseling in a family setting ?
6. How does the community setting differ from other counseling settings in terms of client outreach ?
7. What is the role of relaxation in counseling ?

(4 × 2 = 8 marks)

Section B - Short Essay Type Questions*Answer any four.*

8. Explain the distinction between counseling and psychotherapy.
9. Discuss the historical development of the counseling profession and its major milestones.
10. Explain the philosophical foundations of counseling and their influence on counseling theory.
11. Discuss the main goals and techniques of Reality Therapy.
12. Explain the importance of family systems theory in family counseling.
13. Explain the concept of Guided Somato-psychic Relaxation (GSPR) and its application in counseling.
14. Compare and contrast Jacobson's Progressive Muscular Relaxation and Yoga relaxation techniques in terms of their approaches and goals.

(4 × 3 = 12 weightage)

Turn over

Section C - Long Essay Type Questions*(Answer any two)*

15. Discuss the goals of counseling and their importance in the therapeutic process. Provide examples to illustrate each goal.
16. Compare and contrast the major counseling approaches, including client-centered therapy, Gestalt therapy, Rational-Emotive Therapy, and behavioristic counseling. Discuss their key principles and techniques and provide examples of when each approach might be most effective.
17. Discuss the role of gender-sensitive counseling when working with women as a special population. Provide examples of counseling techniques that may be beneficial in this context.
18. Write in detail on the role of relaxation in counseling, highlighting its importance in the therapeutic process and its various applications.

(2 × 5 = 10 marks)