K21U 0149

Reg. No. : ....

Name : ....

VI Semester B.Sc. Degree (CBCSS – Reg./Supple./Improv.)
Examination, April 2021
(2014-2018 Admissions)
CORE COURSE IN PSYCHOLOGY
6B15 PSY : Counselling Psychology

Time : 3 Hours

Max. Marks : 40

SECTION – A

I. Answer **all** the following questions in **a word**. **Each** question carries **1** mark.

1) _____ is the assistance given to individuals in making intelligent choices and adjustments.

2) In order to cope with the sources of anxieties, the ego uses _____ .

3) _____ is the capacity to experience something from another person's point of view.

4) The term _____ indicates the unconscious opposition in bringing material from the domain of the id into the ego. $(4 \times 1 = 4)$

SECTION – B

II. Answer **any seven** questions. **Each** question carries **2** marks.

5) Ego

6) Counselling

7) Confidentiality

8) Rapport

9) Reinforcement

10) Self-actualisation

11) Confrontation

P.T.O.

12) Eros and Thanatos

13) Transference

14) Concept of Self in Rogers' Theory

15) Non-maleficence

16) Projection

17) Paraphrasing

18) Systematic Desensitisation.   (7×2=14)

SECTION – C

III. Answer **any four** questions. **Each** question carries **3** marks.

19) Goals of counselling.

20) Who is an effective counsellor ?

21) Major ethical issues in counselling.

22) Difference between guidance and counselling.

23) Counsellee characteristics that affect the counselling outcome.

24) Defense mechanisms.

25) What are the major counselling skills ?

26) Counselling in ancient India.   (4×3=12)

SECTION – D

IV. Answer **any two** questions. **Each** question carries **5** marks.

27) Explain the psycho-analytic approach in counselling.

28) Describe Carl Rogers' client centred approach.

29) Explain the different stages in counselling process.

30) Describe the behaviouristic approach to counselling.

31) Describe the different counsellor variables affecting the counselling process.

32) What are the ethical principles to be followed by a counsellor ?   (2×5=10)

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