



K22P 0209

Reg. No. : .....

Name : .....



II Semester M.Sc. Degree (CBSS – Reg./Supple./Imp.) Examination, April 2022  
(2018 Admission Onwards)

**COUNSELLING PSYCHOLOGY**

**PSY2C08 : Counselling Theories and Approaches**

Time : 3 Hours

Max. Marks : 60

A. Answer **any five** of the following. **Each** carries **2** marks.

- 1) – Ve reinforcement
- 2) Counter transference
- 3) Labelling
- 4) Dream work
- 5) Existential guilt
- 6) Critical incident
- 7) Spitting in the clients soup.

(5×2=10)

B. Answer **any two** of the following. **Each** carries **5** marks.

- 8) Briefly discuss the strength of Adlerian counselling.
- 9) Discuss the way REBT view human nature.
- 10) Describe the techniques of person centered counselling.

(2×5=10)

C. Answer **any two** of the following. **Each** carries **8** marks.

- 11) Explain the theory and process of experiential counselling.
- 12) Discuss the features of brief psychodynamic therapy.
- 13) Write a note on various cognitive errors, addressed by CBT.

(2×8=16)

D. Answer **any two** of the following. **Each** carries **12** marks.

- 14) Write an essay on solution focussed counselling.
- 15) Discuss the features of narrative counselling.
- 16) Write an essay on the nature of Gestalt therapy.
- 17) How do cognitive behavior therapy formulates problems and what are the strategies they use ?

(2×12=24)