



QP CODE: 24001006

Reg No :

Name :

B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS, MARCH 2024

Sixth Semester

B.Sc Psychology Model I

**CHOICE BASED CORE COURSE - PY6CBT01 - THEORY AND PRACTICE OF
COUNSELLING**

2017 Admission Onwards

FBA7BFB0

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Scope of counselling.
2. Autonomy.
3. Pre counselling interview.
4. Counsellee Characteristics.
5. Empathy.
6. Strengths of existential counselling.
7. Gestalt counselling.
8. Primary Psychological needs.
9. Meditation.
10. Stages of raja yoga.
11. Rapport.
12. Equilibrium theory of crisis intervention.

(10×2=20)



Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Compare Counselling, Guidance and Psychotherapy as related fields.
14. Differentiate Empathy and Unconditional positive regard.
15. Write the role of counsellor and view of human nature in psychoanalytic counselling.
16. Explain Transactional Analysis.
17. State the essential characteristics required for the successful implementation of cognitive counselling.
18. Define Cognitive Therapy and Elaborate on its goals and role of Counsellor.
19. Describe healthy personality in Indian approach.
20. How are differently abled classified?
21. Explain the remediation and awareness programmes available for alcohol and substance abusers?

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Portrait the characteristics of an effective counsellor
23. Elaborate on the view of human nature, role of counsellor, Goals , strenghts and limitations of Person centred counselling approach.
24. Elucidate the techniques of behavioural counselling with the help of suitable examples.
25. Counselling and rehabilitation of victims of abuse and violence.

(2×15=30)

