



QP CODE: 25022321



Reg No :

Name :

M.Sc DEGREE (CSS) SPECIAL REAPPEARANCE EXAMINATION, APRIL 2025

Third Semester

M.SC PSYCHOLOGY

CORE - PY010302 - COUNSELLING

2019 ADMISSION ONWARDS

81DE8B99

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

*Weight **1** each.*

1. Differentiate counselling and psychotherapy.
2. Ethics in counselling.
3. Active Listening.
4. Leading Techniques.
5. View of human nature of Gestalt counselling.
6. Limitations of Adlerian counselling.
7. Future-Oriented Probes as per stage 2 of Egan's model.
8. Action arrow of Egan's model.
9. The need of counselling in groups.
10. Activities of daily living.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

*Weight **2** each.*

11. Define counselling? Explain the scope and related concepts of counselling.
12. Explain Self-disclosure and its benefits in counseling.
13. Techniques, Contributions and limitations of rational emotive behavioural therapy?
14. Describe Problem management and opportunity development approach to helping as per Egan's model.
15. Explain Principle guidelines in Stage 1 Task 2 as per Egan's model.





16. Describe goals of group counselling.
17. Explain stages and phases of group formation.
18. Discuss counseling of people with alcoholism.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Mention the goals and values of counselling. Explain the conditions facilitating effective counselling.
20. Elaborate Initial counseling interview and the skills and techniques essential for it.
21. Explain Behavioural Counselling approach.
22. Describe the purpose, benefits, methods and limitations of sex education.

(2×5=10 weightage)

