



**QP CODE: 21101197**

**Reg No** : .....

**Name** : .....

**B.Sc DEGREE (CBCS) EXAMINATION, APRIL 2021**

**Sixth Semester**

B.Sc Psychology Model I

**Choice Based Core Course - PY6CBT01 - THEORY AND PRACTICE OF  
COUNSELLING**

2017 Admission Onwards

960A6F49

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. What are the objectives of counselling?
2. Behaviour modification.
3. Counselling relationship.
4. Basic components of acceptance in counselling process.
5. Rapport in the counselling process.
6. Existential counsellor.
7. Any two goals of gestalt counselling.
8. Confrontation as a technique in REBT.
9. Jnana Yoga.
10. Indian model of healthy personality.
11. Physical disability.
12. Sympathetic listening.





(10×2=20)

**Part B**

*Answer any **six** questions.*

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

13. Explain Decision making as a goal of counselling.
14. Counsellee Characteristics.
15. Strengths and limitations of psychoanalytic counselling.
16. The techniques used in Gestalt approach to counselling.
17. Give an account of the major contributions of Behavioural counselling.
18. Define Cognitive Therapy and Elaborate on its goals and role of Counsellor.
19. Describe relaxation technique.Explain the benefits and the types of relaxation
20. What are the different kinds of addictive behvaiour exhibited by the youth?
21. How is counselling and rehabilitation provided in the field of Juvenile delinquency?

(6×5=30)

**Part C**

*Answer any **two** questions.*

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

22. Describe the stages of counselling process and the core conditions of helping relationship.
23. Elaborate on the view of human nature, role of counsellor, Goals , strenghts and limitations of Person centred counselling approach.
24. Explain the significance of reality therapy with an emphasis on its techniques.
25. Explain the types, theories, steps and methods of crisis intervention.

(2×15=30)

