



22101017

**QP CODE: 22101017**

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

**Name** : .....

**B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,  
APRIL 2022**

**Sixth Semester**

B.Sc Psychology Model I

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

2017 Admission Onwards

4DB12953

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. Self Esteem
2. Confidentiality
3. Privacy in counselling
4. Rapport in the counselling process.
5. Counsellee Characteristics
6. Structure of personality
7. Limitations of person centered counselling.
8. Behavioural Rehearsal
9. Bhakthi yoga
10. Relaxation techniques
11. Communication disability
12. Methods of Crisis intervention





(10×2=20)

**Part B**

*Answer any **six** questions.*

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

13. Differentiate the nature of Counselling, Guidance and Psychotherapy.
14. Explain the stages of counselling
15. Briefly explain the view of human nature and the goals in Gestalt counselling.
16. The techniques used in Existential and Gestalt approach to counselling.
17. Explain the techniques used in REBT along with its limitation.
18. What are the major tenets of reality therapy?
19. Give an account on JPMR.
20. How can intervention be provided to weaker sections and minorities?
21. What kind of effect does abuse and violence have on its victims?

(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. Explain the role of counsellor, view of human nature, goals, strengths and limitations of Existential counselling approach.
24. Illustrate the effectiveness of Cognitive Therapy with the help of an example.
25. Explain addictive behaviour, its types, causes and the remediation programmes.

(2×15=30)

