



Reg. No. : .....

Name : .....

**Second Semester M.S.W. Degree Examination, August 2015**  
**SW 2.2.1 : THEORY AND PRACTICE OF COUNSELLING**

Time : 3 Hours

Max. Marks : 75

PART – I

Answer **any 5** questions. **Each** answer carries **6** marks. **Each** answer should **not** exceed **300** words.

1. Define counselling and state its need and scope. How will you differentiate it from guidance and psychotherapy ?
2. Describe the skills and techniques of counselling process.
3. Discuss the salient features of Client-centred therapy.
4. What is group counselling ? State its merits and demerits.
5. Write a note on :
  - a) Cognitive therapy
  - b) Gestalt therapy.
6. Maintenance of a psychological contact with the client is the key factor for success of counselling. Discuss the verbal and non-verbal skills required for a counsellor.
7. What is Rational Emotive Therapy (RET) ? Describe the situations where this therapy is effective. Discuss its process with the help of one situation.
8. Discuss motivation interviewing in the context of deaddiction counselling.

(5×6=30 Marks)





## PART – II

Answer **any 3** questions. **Each** answer carries **15** marks. **Each** answer should **not** exceed **1200** words.

9. Family interactions are best examples of transactions. How do you explain family interactions and interventions with families in the theoretical framework of Transactional Analysis ?
10. Family Life education is offered across the life span of a human being. Explain.
11. Suicide is a cry for help. Elucidate this in the context of preventive and crisis counselling.
12. Relationship is the channel through which change occurs in counselling. Elaborate.
13. Give an overview of various approaches to counselling that is practiced today.

**(15×3=45 Marks)**