

Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, July 2019

Counselling Psychology

CP 222 : COUNSELLING PROCESS AND SKILLS

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any two** questions. Each question carries 15 marks

1. Explain and bring out the importance of the three stages of counselling.
2. Briefly explain the skills needed in stage I of counselling.
3. Self disclosure bring out opportunities of a detailed experience sharing from clients. Explain how and why?
4. Understanding context and difference is a major skill in counselling. Why?

(2 × 15 = 30 Marks)

SECTION – B

Answer **any five** questions. Each question carries **5** marks.

5. Describe transference and counter transference.
6. What are the conditions that facilitate counselling relationship?
7. What is the importance of physical setting in counselling.

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8. How will you overcome resistance to termination?
9. Bring out the importance of informed consent when the client is a child.
10. What is the relevance of scientific assessments using standardized measures in counselling?
11. How attitude of the client will influence try out of solutions?
12. Describe feed back skills that are necessary in counselling.

(5 × 5 = 25 Marks)

SECTION – C

Write short notes on **any ten** of the following. Each question carries **2** marks

13. Paraphrasing
14. Questioning
15. Summarizing
16. Confidentiality
17. Short term counselling
18. Structuring Skills
19. Record keeping



20. Internal frame of reference

21. Speech anxiety

22. Negotiating homework

23. Self talk

24. Rapport

(10 × 2 = 20 Marks)

