

Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, July 2019

Counselling Psychology

CP 223 : APPROACHES TO COUNSELLING

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Discuss various behaviour modification techniques.
2. Explain the salient features of client centered therapy.
3. Explain the theory of Assertive training. Narrate various steps in Assertive training.
4. Give an account of the psycho analytical approach in counselling.

(2 × 15 = 30 Marks)

SECTION – B

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

5. Differentiate between group counselling and group guidance.
6. What are the factors contributing to group cohesion?
7. Explain the concept of eclectic counselling.
8. Discuss briefly the assumptions of gestalt therapy.

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9. What are the functions of the group?
10. What are the components of group dynamics?
11. Types of groups.
12. Evaluate rational emotive therapy.

(5 × 5 = 25 Marks)

SECTION – C

Answer **any ten** questions. Each question carries **2** marks.

13. Pre group issues.
14. Social integration.
15. Integrative styles.
16. Existential therapy.
17. Trait and factor approach.
18. Aversive conditioning.
19. Schedules of reinforcement.
20. Chaining.
21. Self-actualizing tendency.
22. Free association technique.
23. Collective unconscious.
24. Systematic desensitization.

(10 × 2 = 20 Marks)

