

Name : \_\_\_\_\_

**P 1040**

Reg. No. \_\_\_\_\_



**LOYOLA COLLEGE OF SOCIAL SCIENCES**

**(AUTONOMOUS)**

(ESTD-1963)

**Affiliated to University of Kerala**

**Accredited with A++ by NAAC**

**Sreekariyam, Thiruvananthapuram, Kerala.**

**SECOND SEMESTER MASTER OF SOCIAL WORK (MSW) EXAMINATION,  
JULY 2025 (2024 ADMISSIONS)**

**SW 522 THEORY AND PRACTICE OF COUNSELLING**

*Time 3 hours*

*Max: 75 Marks*

Nos.	<b>Part A: Answer ALL Questions in not less than 50 words. Each carries 2 marks</b>	<b>Course Outcome</b>	<b>Blooms Level</b>	<b>Marks</b>
Q1	Explain Psychotherapy.	CO1	Understand	2
Q2	State two long-term goals of counselling.	CO1	Remember	2
Q3	Discuss the importance of ethics in counselling practice.	CO2	Understand	2
Q4	Explain cognitive distortion in the Cognitive Behavioural approach.	CO2	Understand	2
Q5	Describe the goals of psychoanalytic theory of counselling.	CO2	Understand	2
Q6	Describe the key elements of effective debriefing.	CO4	Understand	2
Q7	Illustrate one skill a counsellor should use during the initial counselling session.	CO4	Understand	2
Q8	Explain the main symptoms of PTSD,	CO5	Remember	2
Q9	Describe the importance of body language in counselling.	CO4	Understand	2
Q10	Identify the three stages of the counselling process and give a brief explanation.	CO3	Understand	2
	<b>Part B : Answer ALL questions in not less than 300 words, choosing between options given within each pair of questions.</b>	<b>Course Outcome</b>	<b>Blooms Level</b>	<b>Marks</b>
Q11.	a) Compare the concepts of guidance and counselling with relevant examples. or b) Analyse the contexts of Counselling.	CO1	Analyze	5
Q12.	a) Illustrate how breach of ethical practice can affect both the client and the credibility of the human-service profession. or b) Discuss the key components of cognitive theory and behavioral theory in understanding human behavior.	CO2	Understand	5

Q13	<p>a) You have a runaway child as your client. She is brought to you by the police. Illustrate how do you establish rapport with the child.</p> <p>or</p> <p>b) Apply the preventive and developmental contexts of counselling to a school setting scenario.</p>	CO3	Apply	5
Q14	<p>a) Demonstrate how you would apply active listening and questioning skills during an initial counselling session with a new client.</p> <p>or</p> <p>b) How would you apply your understanding of personality factors to improve your counselling approach and build better rapport with clients?</p>	CO4	Apply	5
Q15	<p>a) Use DSM-V/ICD-11 to describe symptoms and diagnosis of any two common mental disorders.</p> <p>or</p> <p>b) Explain the concept of normality and abnormality.</p>	CO5	Analyze	5
	<b>Part C: Answer ALL questions in not less than 850 words, choosing between the options given within each pair of questions.</b>	<b>Course Outcome</b>	<b>Blooms Level</b>	<b>Marks</b>
Q16	<p>a) Design a counselling intervention plan for a client with PTSD using MMSE and psycho-social support strategies.</p> <p>or</p> <p>b) A young man with depression is your client. Create a plan for engagement and assessment of that client.</p>	CO5	Create	15
Q17	<p>a) Discuss the stages of the counselling process in detail and evaluate the challenges counsellors face at each stage in ensuring successful outcomes.</p> <p>or</p> <p>b) Explain different types of recording used in counselling, and how each type contributes to client care and ethical practice.</p>	CO3	Understand	15