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Reg. No. : .....

Name : .....

**Second Semester M.Sc. Degree Examination, October 2018**  
**Branch : Counselling Psychology**  
**CP 223 : APPROACHES TO COUNSELLING**  
**(2013 Admission Onwards)**

Time : 3 Hours

Max. Marks : 75

**SECTION – A**

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

1. Briefly explain the goals, process and techniques of psychoanalytic counselling.
2. Discuss different techniques used in behavioural counselling.
3. Elucidate types and stages of group counselling.
4. Give a brief account of the goals and concepts related to rational emotive counselling.

**SECTION – B**

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

5. Explain stages of Jung's analytical counselling.
6. Discuss the role of therapeutic relationship in person-centered counselling.
7. What are the different schedules of reinforcement ?
8. Elucidate the assumptions underlying trait and factor approach.
9. Briefly explain eclectic counselling.
10. Describe layer's of awareness in Gestalt counselling.
11. Explain the concept of healthy personality in accordance with Roger.
12. What are the importance of guilt and anxiety concepts in existential counselling ?



SECTION - C

Write short notes on **10** of the following. **Each** question carries **2** marks.

13. Individual Psychology.
14. Neurotic needs.
15. Observational learning.
16. Self actualization.
17. Extinction.
18. Operant conditioning.
19. Arbitrary Inference.
20. Cognitive triad.
21. The empty-chair technique.
22. Group Counselling.
23. Cohesion in groups.
24. Sociometry.