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Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, September 2014
Branch : Counselling Psychology
CP – 223 : APPROACHES TO COUNSELLING

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any 2** questions. **Each** question carries **15** marks.

1. Describe the major concepts utilized in behavioural counselling.
2. Elucidate the specific roles of a counsellor in Rational Emotive Approach to counselling.
3. Describe how eastern religion and existential thinkers had influenced the theoretical backing of Gestalt counselling.
4. Critically evaluate the group counselling approaches to adolescent's development related issues. **(2×15=30 Marks)**

SECTION – B

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

5. Describe the relevance of assertiveness training to enhance social skills.
6. Describe the strengths, contributions and limitations of psychoanalytic approach to counselling.
7. Critically examine the utility of solution focused counselling in the busy World of today.
8. Bring out the major techniques utilized in counselling with client centered view point.
9. How can you over come resistance in group counselling ?
10. How can rationality of belief will affect behaviour ?
11. Describe schedules of reinforcement.
12. Briefly explain the techniques used in existential view point related counselling. **(5×5=25 Marks)**

P.T.O.



SECTION - C

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

13. Self actualization
14. Empathy
15. Counter transference
16. Relaxation
17. Catastrophizing
18. Group dynamics
19. Punishment
20. Empathy
21. Social skills
22. Termination
23. Group guidance
24. Self disclosure.

(10×2=20 Marks)