



Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, September 2014
Branch : Counselling Psychology
CP 222 : COUNSELLING PROCESS AND SKILLS

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Describe in detail the importance of counselling skills necessary in the preparatory stage of counselling.
2. How will you assist clients to express their feelings during counselling ?
3. Explain the nature and importance of professional relationship.
4. How will you set goals in counselling to start the helping process ? What all will be your major concerns there ? **(2×15=30 Marks)**

SECTION – B

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

5. How will you monitor feelings and physical reactions of the client during counselling ?
6. How will you manage resistance and make referrals ?
7. What are the dimensions that you concentrate to enhance vocal communication skills ?
8. Questioning is an art and skill of counsellor. Why ?
9. Though problem has to be solved by the client, counsellor should monitor and facilitate it. Substantiate.
10. Why should a counsellor summarize the content as well as feeling ?
11. Bring out the process of respect and acceptance in counselling with special reference to its barriers.
12. How can a counsellor show interest and attention in the client. **(5×5=25 Marks)**



SECTION – C

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

13. Self disclosure
14. Empathy
15. Social skills
16. Paraphrasing
17. Listening skills
18. Self talk
19. Life skills
20. Pre counselling contact
21. Facilitation
22. Client centered coaching
23. Small verbal rewards
24. Active listening. **(10×2=20 Marks)**