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Reg. No. : .....

Name : .....

**Second Semester M.Sc. Degree Examination, August 2015**  
**Branch : Counselling Psychology**  
**CP 223 : APPROACHES TO COUNSELLING**

Time : 3 Hours

Max. Marks : 75

**SECTION – A**

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

1. Briefly explain the process and techniques used in psycho analytic approaches to counselling, with special reference to Adler.
  2. What are the basic assumptions of Rational Emotion Counselling and how it explains origin and maintenance of problems ?
  3. Counsellor has to observe the problems in its sociocultural and political context. Elucidate on the theoretical assumptions of existential counselling.
  4. Describe the basic assumptions of eclectic counselling in the perspective of multimodal and solution focused approaches.
- (2×15=30 Marks)**

**SECTION – B**

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

5. Briefly explain the technique of systematic desensitization.
6. What are the techniques adopted in Gestalt approach to counselling ?
7. Describe the stages of group development, by considering group counselling.

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8. Write down the strengths, contributions and limitations of person centered counselling.
9. How can you evaluate effectiveness of group counselling ?
10. Explain cognitive restructuring.
11. What is aversive conditioning ? Briefly explain.
12. Bring out how assertiveness training will enhance social skills. (5×5=25 Marks)

### SECTION – C

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

13. Confidentiality.
  14. Free association.
  15. Unconditional Positive regard.
  16. Fully functioning individual.
  17. Rapport.
  18. Empathy.
  19. Feed back.
  20. Psycho educational groups.
  21. Behavioural rehearsals.
  22. Congruence.
  23. Rationalization.
  24. Analysis of resistance. (10×2=20 Marks)
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