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Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, August 2015
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. What are the important stages of counselling ? Elucidate.
2. What is active listening. Bring out its importance and how it can be implemented in the preparatory stage of counselling.
3. Describe the significance of report writing with the help of suitable examples.
4. What are your client consideration while planning interventions. **(2×15=30 Marks)**

SECTION – B

Answer **any 5** of the following questions. **Each** question carries **5** marks.

5. How will you encourage clients to monitor their thoughts and perception ?
6. Explain the steps in progressive muscular relaxation.
7. Briefly explain the specific skills to start and structure the counselling interaction.
8. What are the different formats of terminating helping relationship ?
9. Describe bodily communication skills of a counsellor.
10. Paraphrasing helps to reflect feelings of clients. Why ?
11. How will you understand internal frame of reference of a client ?
12. How will you manage initial resistance in clients, during counselling ?

(5×5=25 Marks)

P.T.O.



SECTION - C

Write short notes on **any ten** of the following.

Each question carries **2** marks.

13. Self disclosure
14. Questioning
15. Informed consent
16. Influencing skills
17. Attitude
18. Counselling contract
19. Listening sequence
20. Reflection
21. Follow up
22. Rapport
23. Professional relationship
24. Record keeping.

(10×2=20 Marks)