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C - 5145

Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, August 2017

Branch : Counselling Psychology

**CP 222 : COUNSELLING PROCESS AND SKILLS
(2013 Admission Onwards)**

Time : 3 Hours

Max. Marks : 75

SECTION - A

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

1. Explain the different stages of the counselling process.
2. Describe the basic skills in initial disclosure stage required of a counsellor.
3. Give an account of the model of counselling proposed by Roger and explain how it can be applied in our settings.
4. Explain the importance of In-depth exploration stage in counselling process and the skills need by the counsellor in this stage ?
(2×15=30 Marks)

SECTION - B

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

5. Importance of pre-counselling Interview.
6. Types of goals in counselling.
7. Note on transference and countertransference in counselling relationship.
8. Carkhuff's approach to counselling.
9. Importance of reflection and responding in counselling.
10. Elaborate listening skills in counselling.
11. Egan model of counselling.
12. Short note on working with problems stage.
(5×5=25 Marks)

P.T.O.



SECTION - C

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

13. Verbatim recording.
14. Referral techniques.
15. Case-study.
16. Roger's three characteristics of effective counsellor.
17. Professional self.
18. Self-actualization.
19. Empathy.
20. Rapport.
21. Paraphrasing.
22. Immediacy.
23. Reflecting skills.
24. Resistance to termination.

(10×2=20 Marks)