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C – 5146

Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, August 2017
Branch : Counselling Psychology
CP 223 : APPROACHES TO COUNSELLING
(2013 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Give an account of the model of personality development proposed by Roger and explain how it can be applied in psychological disorders.
2. Discuss the process and importance of systematic desensitization and assertiveness training in behavioural counselling.
3. Elucidate the effectiveness of cognitive based counselling techniques.
4. Briefly explain process of group formation.

SECTION – B

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

5. Elaborate techniques in psychoanalytic counselling.
6. Discuss the process of existential counselling.
7. What are the characteristics of effective counsellor according to Roger ?
8. Explain the process in shaping and chaining.
9. Discuss the importance of rational emotional counselling.
10. Write a note on advantages and disadvantages eclectic counselling.
11. Make an account on the Gestalt concepts of “here and now” and its implications in counselling.
12. Elaborate the stages of group counselling.

P.T.O.



SECTION - C

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

13. Self actualization.
14. Aversive conditioning.
15. Stimulus generalization.
16. T-groups.
17. Dichotomous thinking.
18. One-chair technique.
19. Life style analysis.
20. Archetypes.
21. Psychodrama.
22. Group guidance.
23. Sociometry.
24. Ulomb Envy.