

SECOND SEMESTER M.S.W. DEGREE EXAMINATION, APRIL 2022
(Regular/Improvement/Supplementary)

SOCIAL WORK
FSOW2C10: THEORY AND PRACTICE OF COUNSELLING

Time: 3 Hours

Maximum Weightage: 30

Part A: Answer any *four* questions. Each carries 2 weightage.

1. Define counselling and state the differences of counselling with Social Case work.
2. Write a note on goal setting in counselling.
3. Explain the core qualities of a counselor as given by Carl Rogers.
4. Write a note on active listening.
5. Explain paraphrasing and empathic responding.
6. Detail on Mindfulness Based Stress Reduction.
7. What is Genetic counselling and why is it important in Family Counselling?

(4 × 2 = 8 weightage)

Part B: Answer any *four* questions. Each carries 3 weightage.

8. Describe the Code of Ethics in counselling.
9. Detail on different types of counselling which is most relevant in the present scenario.
10. Describe the termination and evaluation stages in counselling.
11. What are the different physical attending skills required for counselling? Illustrate with an example.
12. Describe the different techniques in Behaviour Therapy when working with adolescent.
13. What is the counselling process in Trauma and Crisis counselling?
14. Describe the objectives and scope of counselling.

(4 × 3 = 12 weightage)

Part C: Answer any *two* questions. Each carries 5 weightage.

15. Detail on the stages of counselling and specific skills required during each stages.
16. Explain the Client Centered Therapy and its techniques.
17. Discuss the scope of counselling in the context of HIV/AIDS. Elaborate on the various techniques that could be applied for counselling.
18. Describe the Transactional Analysis and its importance in practising counselling.

(2 × 5 = 10 weightage)