

SECOND SEMESTER M.Sc. DEGREE EXAMINATION, APRIL 2023
(Regular/Improvement/Supplementary)

PSYCHOLOGY
FPSY2C06-COUNSELLING PSYCHOLOGY

Time: 3 Hours

Maximum Weightage: 30

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

1. Define Self disclosure.
2. List down the goals of counselling.
3. Elaborate on Transactional Analysis.
4. Write a note on Bio feedback.
5. Give a short note on Transcendental Meditation.
6. Elaborate on Client Centered Therapy.
7. Write a note on counselling the aged.

(4 × 2= 8 weightage)

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

8. Differentiate between Counseling and Psychotherapy.
9. Explain the process and conditions of working with clients in crisis.
10. Write a note on Jacobson's Progressive Muscular Relaxation.
11. Explain the principles of group counselling.
12. Compare and contrast between behavioristic and cognitive approaches to counselling.
13. Explain the goals and process of counselling for addiction.
14. Discuss about the professional issues in counselling

(4 × 3= 12 weightage)

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

15. Define counselling and explain the counselling procedures.
16. Discuss in detail about major approaches to counselling.
17. Explain counselling for special population, with suitable examples.
18. Discuss any four relaxation techniques and explain how they are used in counselling.

(2 × 5= 10 weightage)