

SECOND SEMESTER M.Sc. DEGREE EXAMINATION, APRIL 2025

(Regular/Improvement/Supplementary)

PSYCHOLOGY

FPSY2C06-COUNSELLING PSYCHOLOGY

Time: 3 Hours

Maximum Weightage: 30

Part A: Answer any *four* questions. Each carries 2 weightage.*Write short notes on:*

1. Roleplay.
2. Family counselling.
3. Counselling in community settings.
4. Counselling goals in vocational setting.
5. Progressive muscle relaxation.
6. Professional issues in counselling.
7. Psychotherapy.

(4 × 2 = 8 weightage)**Part B: Answer any *four* questions. Each carries *three* weightage.**

8. Describe the sociological foundations of counselling.
9. Explain crisis counselling.
10. Discuss the goals of counselling.
11. Explain TM.
12. Describe the assumptions of behavioral counselling.
13. Illustrate the techniques used in Gestalt therapy.
14. Describe the principle and procedure of group counselling.

(4 × 3 = 12 weightage)**Part C: Answer any *two* questions. Each carries *five* weightage.**

15. Define counselling. Explain the process of counselling.
16. Compare major approaches in counselling.
17. Give a detailed account on the skills needed for a counsellor when dealing the population with Special problems. Explain the procedures.
18. Define relaxation. Explain the role of relaxation in counselling with techniques.

(2 × 5 = 10 weightage)