

C 21143

(Pages : 2)

Name.....

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, MARCH 2017

(CUCBCSS—UG)

Psychology

PSY 6B 03—COUNSELLING AND PSYCHOTHERAPY

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 1 mark.

Choose the correct answer from the following options given :

1. The elimination of behaviour because of the withdrawal of its reinforcement :
(Shaping, Extinction, Chaining, Generalization)
2. TAT is used to measure :
(Aggression, Intelligence, Personality, Anxiety)
3. A predominant internal feeling state :
(Mood, Apathy, Temperament, Character)
4. The closing stage of counselling relationship :
(Initiation, Ingratiation, Termination, None of these)
5. The ability of the counsellor to deal with the here and now factors that operate within the counselling relationship :
(Empathy, Immediacy, Rapport, Sympathy)

Fill in the Blanks :

6. _____ refers to the hidden but true meaning of dreams.
7. The _____ mind contains forgotten memories or experiences that can be remembered.
8. The free association technique is used by _____ psychologists.
9. Cognitive behaviour therapy was developed by _____.
10. In _____ reinforcement some behaviour is increased by following it with something rewarding.

(10 × 1 = 10 marks)

Turn over

Section B

Answer **all** questions in two or three sentences.
Each question carries 2 marks.

11. Diagnosis.
12. Encounter groups.
13. Regression.
14. Mental Status Examination.
15. Unconditional positive regard.
16. Adolescent counselling.
17. Cognitive disputation.
18. Concreteness.
19. Empathy.
20. Workplace aggression.

(10 × 2 = 20 marks)

Section C

Answer any **six** questions in a paragraph of about **half a page to one page**.
Each question carries 5 marks.

21. Reliability.
22. Empty chair.
23. Follow up.
24. Goals of counseling.
25. Systematic desensitization.
26. Stages of counselling relationship.
27. Active listening strategies.
28. Substance abuse.

(6 × 5 = 30 marks)

Section D

Write any **two** essays from the following.
Each question carries 10 marks.

29. Briefly describe the psychoanalytic approach to counselling.
30. Explain the application of counselling and psychotherapy in marriage and family counselling.
31. Describe the different strategies and techniques in counselling.
32. Give an account of the different types of group work in counselling.

(2 × 10 = 20 marks)