

17U554

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Name:

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS-UG)

CC17U PSY5 B04 - PSYCHOLOGICAL COUNSELLING

(Psychology - Core Course)

(2017 Admissions Regular)

Time: Three Hours

Maximum: 80 Marks

Part A

Answer *all* questions. Each question carries 1 mark.

1. The going around technique is used to facilitate communication in -----
 - a) Group Counselling
 - b) Crisis counselling
 - c) Couple counselling
 - d) Individual counselling
2. Who is associated with behavioural approach in counselling?
 - a) Carl Jung
 - b) J B Watson
 - c) Carl Rogers
 - d) Eric Ericson
3. In which termination, the withdrawal of helping assistance is gradual and thereby stops.
 - a) Fixed Termination
 - b) Open Termination
 - c) Faded Termination
 - d) Booster Termination
4. The concept of reinforcement was discussed by
 - a) Skinner
 - b) Beck
 - c) Roger
 - d) James
5. APA ethics code states that psychologists should strive to protect the rights and welfare of those who they work with professionally is in principle -----
 - a) Integrity
 - b) Justice
 - c) Fidelity and Responsibility
 - d) Beneficence and Nonmaleficence

Fill in the Blanks:

6. ----- technique in role playing allows the subjects to see themselves.
7. Repeating the thoughts and feelings of the client in another words by the counselor is known as -----
8. ----- are brief helper statements about longer excerpts from helping sessions.
9. ----- is the optimum number of persons in a group counselling.
10. The first stage of counselling process in Eagan's model is -----

(10 x 1 = 10 Marks)

Part B

Answer *all* questions. Each question carries 2 marks.

11. Define counselling.
12. Concept of minimum state of anxiety.
13. Self concept.
14. Eclectic approach.
15. REBT
16. Free association.
17. Unconditional positive regard.
18. Decision making.
19. T-groups.
20. Informed consent.

(10 x 2 = 20 Marks)

Part C

Answer any *six* questions. Each question carries 5 marks.

21. Characteristics of effective counselor.
22. Describe the different goals of counselling.
23. Techniques in behavioural counselling.
24. Cognitive approach in counselling.
25. Skills needed in middle phase of counselling.
26. Threats in premature termination.
27. Stages of group counselling.
28. Premarital counselling.

(6 x 5 = 30 Marks)

Part D

Answer any *two* questions. Each question carries 10 marks.

29. Explain career development theories. Differentiate between career counselling and guidance.
30. Elaborate techniques related to opening stage of counselling.
31. Describe theoretical background of Psychoanalytical counselling.
32. Explain about Egan's skilled helper model with three stages in detail.

(2 x 10 = 20 Marks)
