

19P245

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Name.....

Reg. No.....

SECOND SEMESTER M.S.W. DEGREE EXAMINATION, APRIL 2020

(CUCSS - PG)

CC19P SOW2 C10 - THEORY AND PRACTICE OF COUNSELLING

(Social Work)

(2019 Admissions: Regular)

Time: Three Hours

Maximum: 30 Weightage

Part 1

Answer any *four* questions. Each question carries 2 weightage.

Answer to each question should not exceed 100 words.

1. What is Mindfulness?
2. Gestalt theory.
3. Write a note on the elements of Counselling.
4. Describe the essential qualities of a family counselor.
5. What is meant by reflecting feelings?
6. What is the difference between Geriatric Counselling and Pediatric Counselling?
7. What is the difference between Counselling and Psychotherapy?

(4 x 2 = 8 Weightage)

Part II

Answer any *four* questions. Each question carries 3 weightage.

Answer to each question should not exceed 300 words.

8. How do you conduct an assessment in Counselling?
9. Will you utilize Strength Based Approach in Substance Misuse Counselling? Justify your answer.
10. Describe transactional analysis.
11. What are the stages of Counselling?
12. Describe Stress Management and describe any two instances where an individual can face stress.
13. Describe any two approaches in Counselling.
14. What is CBT and describe its various techniques?

(4 x 3 = 12 Weightage)

Part III

Answer any *two* questions. Each question carries 5 weightage.

Answer to each question should not exceed 800 words.

15. Who is a professional counselor and what are the skills and attitudes required for the different stages of counseling settings.

16. What are various approaches one can utilize to offer emotional support for people during a lockdown, detail your approaches with examples
17. Detail on counselling practice in marriage and family setting.
18. Describe counselling as a profession in India, what are the legal and ethical aspects to be considered when practicing as a professional counselor in India.

(2 x 5 = 10 Weightage)
