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(Pages: 2)

Name:

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2020

(CUCBCSS-UG)

(Supplementary/Improvement)

CC15U PSY6 B03 - COUNSELLING AND PSYCHOTHERAPY

Psychology - Core Course

(2015, 2016 Admissions)

Time: Three Hours

Maximum: 80 Marks

Section A

Answer *all* questions Each question carries 1 mark.

1. Gestalt therapy was proposed by
a) Kelly b) Kofkka c) Kohler d) Pearls
2. is a systematic collection of facts about the client's current and past life.
a) Autobiography b) Case History
c) Cumulative Record d) none of the above
3. are the underlying, general assumptions and rules that guide how people react to events and circumstances in their lives in cognitive perspectives.
a) Schemas b) Beliefs c) Inferences d) Triad
4. Which is the first self help group developed in 1935?
a) Marathon Group b) Al Ateen
c) Alcoholic Anonymous d) T Group
5. Contact boundary is a term used by
a) gestalt approach b) cognitive approach
c) psychodynamic approach d) behaviouristic approach

Fill in the blanks:

6. The unconscious opposition in bringing material from the domain of the id in to ego in a client is termed as
7. first used the term counseling.
8. Person centered therapy uses a approach.
9. groups are to create awareness about the opportunities before individuals to grow and develop in career and life positions.
10. Thematic Apperception Test (TAT) was developed by

(10 x 1 = 10 Marks)

Section B

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

11. Wolberg's definition of Psychotherapy.
12. Informed Consent.
13. Group cohesion.
14. Referral.
15. Rating scales.
16. Feedback.
17. Congruence.
18. Flooding.
19. Aptitude.
20. Free association.

(10 x 2 = 20 Marks)

Section C

Answer any *six* questions in a paragraph. Each question carries 5 marks.

21. Ethical issues in counseling.
22. Differentiate counseling and psychotherapy.
23. Explain counselling interview and its processes.
24. Briefly explain theories and processes of family therapy.
25. Describe importance of career counseling.
26. Explain techniques used in CBT.
27. Important aspects of child and adolescent counseling.
28. Gestalt therapeutic methods.

(6 x 5 = 30 Marks)

Section D

Write an essay on any *two* questions. Each question carries 10 marks.

29. Define counseling. Explain Psychological Testing in Counselling and Psychotherapy.
30. Describe stages of counseling. Explain in detail the skills of a counselor.
31. What are the goals and techniques used in Person Centered Therapy?
32. Explain different types of groups and the processes involved in group counseling.

(2 x 10 = 20 Marks)
