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Name.....

Reg. No. **56**.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, MARCH/APRIL 2015

(UG-CCSS)

Elective Course—Psychology

PS 6B 05 (E1)—THEORY AND PRACTICE OF COUNSELLING PSYCHOLOGY

Time : Three Hours

Maximum : 30 Weightage

Answer all twelve questions.

I. Fill in the blanks with suitable answer from the brackets :

- 1 Ego is ruled by _____ Principle.
(Pleasure, Reality, Morality)
- 2 A non-judgemental, positive and genuine disposition toward the client is known as _____.
(Empathy, Sympathy, Positive regard)
- 3 The process by which the behaviour of an individual or a group act as a stimulus for similar behaviour on the observer is known as _____.
(Insight, Conditioning, Modelling)
- 4 _____ is a means of defence that thoughts and feelings are excluded from awareness.
(Regression, Repression, Denial)

Fill in the blanks with suitable answers :

- 5 _____ was the proponent of client centered counselling.
- 6 The technique used for reducing undesirable behaviour is known as _____.
- 7 _____ is a process of exploration by two people aimed at identifying problems and seeking solutions.
- 8 _____ is a technique in which clients imaging themselves thinking, feeling and behaving exactly the way they would like to do in real life.

Match the following :—

- | | |
|--------------------|---------------------------------|
| 9 Albert Ellis | (a) Reality therapy. |
| 10 William Glasser | (b) Transactional analysis. |
| 11 Joseph Wolpe | (c) Rational emotive therapy. |
| 12 Eric Bern | (d) Systematic desensitization. |

(12 × ¼ = 3 weightage)

Turn over

II. Answer all *nine* questions :

- 13 Guidance.
- 14 Yoga.
- 15 Negative reinforcement.
- 16 Conditioning.
- 17 Shame attacking
- 18 Life scripts.
- 19 Therapeutic alliance.
- 20 Transference.
- 21 Assertion training.

III. Answer any *five* questions as short essays :

- 22 Child defects and abnormalities.
- 23 Admission service.
- 24 Client centered therapy.
- 25 Behaviour modification.
- 26 Relaxation training.
- 27 Structure of personality.
- 28 Directive counselling.

IV. Answer any *two* essay questions :

- 29 Define Counselling and describe the cognitive theory of counselling.
- 30 Illustrate the causes of problem behaviour and suggest ways to cure problem behaviour.
- 31 Explain the procedure of rational emotive therapy.