

15U628

(Pages: 2)

Name:

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, MARCH 2018

(CUCBCSS-UG)

CC15U PSY6 B03 - COUNSELLING AND PSYCHOTHERAPY

Psychology - Core Course

(2015 Admission)

Time: Three Hours

Maximum: 80 Marks

SECTION A

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

Choose the correct answer from the following option given:

1. The ability of the counselor to deal with the here and now factors those operate within the counseling relationship
(Empathy, Immediacy, Rapport, Sympathy)
2. Type R conditioning is also called
(Respondent conditioning, Instrumental conditioning, Operant conditioning, Classical conditioning)
3. A predominant internal feeling state
(Mood, Apathy, Temperament, Character)
4. are subjective descriptions of a client's behavior at a specific time or for a specific situation.
(Checklists, Rating scales, Anecdotal reports, Personal Essays and Autobiographies)
5. The elimination of behavior because of the withdrawal of its reinforcement
(Shaping, Extinction, Chaining, Generalization)

Fill in the blanks

6. involves revealing your feelings and reactions to events and people as they occur.
7. Gestalt therapy was discovered by
8. is the ability of a test to measure what it purports to measure are determined for constructing a standardized measure.
9. In Reinforcement, an aversive stimulus has been taken away to strengthen the behavior it follows.
10. counseling deals with helping the disabled achieve personal and professional goals and lead their lives more freely.

(10 x 1 = 10 Marks)

SECTION B

Answer *all* questions in two or three sentences. Each question carries 5 marks.

11. Counselling.
12. Advanced empathy.
13. Unconditional positive regard.
14. Therapeutic alliance.
15. Conditioning.
16. Marathons.
17. Tolerance.
18. Alcoholism.
19. Achievement test.
20. Criterion-referenced tests.

(10 x 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. Explain the stages of counselling relationship
22. Explain the major psychological assessments used in therapy sessions.
23. Explain cognitive approach in psychotherapy.
24. Explain the approaches in marital therapy.
25. Define Group Counselling and its stages.
26. Crisis Intervention.
27. Briefly explain the various techniques used in behavior therapy.
28. Distinctions between counselling and psychotherapy.

(6 x 5 = 30 Marks)

SECTION D

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

29. Define counselling, goals and its process.
30. Explain the application of counselling and psychotherapy in alcohol and substance abuse counseling.
31. Detailed description on psychoanalytic therapy.
32. Explain major concepts and therapeutic techniques of client centered therapy.

(2 x 10 = 20 Marks)
