

16U628

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Name:

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2019

(Regular/Improvement/Supplementary)

(CUCBCSS-UG)

CC15U PSY6 B03 - COUNSELLING AND PSYCHOTHERAPY

Psychology - Core Course

(2015 Admission onwards)

Time: Three Hours

Maximum: 80 Marks

SECTION - A

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

1. Persona is a concept in Theory.
(Gestalt, Humanistic, Analytic, Behaviouristic)
2. The ability to be authentic in helping relationship is known as
(Warmth, Concreteness, Genuineness, Immediacy)
3.is considered as the foremost practitioner of Gestalt Counselling and Psychotherapy.
(Wertheimer, Kohler, Perls, Glasser)
4. Systematic Desensitization was proposed by
(Wolpe, Skinner, Watson, Beck)
5. The unresolved feelings that have been left over from interpersonal relationships is termed in Gestalt therapy as
(Confrontation, Unfinished Business, Rereflection, Awareness)
6. is used to chart the progression of a particular family through the life cycle over at least three generations .
7. The ability to feel with clients as opposed to feel for clients is known as
8. Preventive and instructional groups are otherwise known as
9. Ethical choice of counselor which denotes respecting freedom of choice and self-determination is known as
10. is the projection of the counsellor's feelings towards the client.

(10 x 1 = 10 Marks)

SECTION – B

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

11. Termination.
12. Family Counselling.

13. Groups in work place.
14. Self help groups.
15. Empathy.
16. Psychotherapy.
17. Need for follow up.
18. Leadership in counselling groups.
19. Physical settings in counseling.
20. Resistance.

(10 x 2 = 20 Marks)

SECTION – C

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

21. Process goals of Counselling.
22. Crisis Intervention.
23. Counselling Interview.
24. Role of Diagnosis.
25. Person Centered Therapy.
26. Behaviour Modification.
27. Counsellor Variables.
28. Cognitive Therapies.

(6 x 5 = 30 Marks)

SECTION - D

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

29. Define Psychotherapy. Explain importance of Psychological Testing in counseling and Psychotherapy.
30. Describe in detail the Psychoanalytic Approach to Counselling and Psychotherapy.
31. Define Counselling. Briefly explain important Ethical issues in Counselling.
32. Describe briefly the major areas of application of Counseling and Psychotherapy.

(2 x 10 = 20 Marks)
