

QP Code: P25B018

Reg. No :

Name :

ST MARY'S COLLEGE (AUTONOMOUS), THRISSUR-20

II SEMESTER (CBCSS - PG) DEGREE EXAMINATION, MARCH 2025

M Sc Psychology

PSY2C06 : COUNSELLING PSYCHOLOGY

2024 Admission Onwards

Time:3 Hours

Maximum Weightage:30

Part A

*Short answer type questions: Answer **any four** questions. Weightage 2 for each question.
(4x2 = 8 Weightage)*

1. Label some common strategies for therapeutics effectiveness. [BTL1]
2. List and briefly describe various counselling skills. [BTL1]
3. Explain how the ABC model works in Rational emotive therapy. [BTL2]
4. Summarize the reasons for providing preventive services for aged people. [BTL2]
5. Describe in detail about deep relaxation (shavasna) in yoga. [BTL2]
6. How can a therapist use the figure-ground principle to help a client focus on the present instead of the past? [BTL3]
7. Analyze how can counselors ensure the safety and well-being of the client during crisis intervention. [BTL3]

Part B

*Short essay-type questions: Answer **any four** questions. Weightage 3 for each question.
(4x3 = 12 Weightage)*

8. Describe in detail the professional issues in counselling. [BTL1]
9. In a group counselling scenario, how would you create a supportive environment for a member with social anxiety. [BTL3]
10. How can a therapist use various techniques in logo therapy to help a client find more meaning in life? [BTL3]
11. Apply your knowledge to demonstrate how counselling can be effectively implemented in a hospital setting to support patient well being. [BTL3]
12. Analyze in detail person environment fit. [BTL4]
13. Compare and contrast GSPR and JPMR. [BTL4]
14. Critically evaluate the role of a psychologist as a professional. [BTL5]

Turn Over

Part C

*Essay-type questions: Answer **any two** questions. Weightage 5 for each question.
(2x5 = 10 Weightage)*

15. List out the key milestones in the historical development of the counselling profession. [BTL1]
16. Explain and discuss in detail the special problems in counselling. [BTL2]
17. A patient present with episodes of uncontrollable muscle jerks and loss of consciousness, which suggest a possible neurological disorder affecting brain activity. Illustrate and justify the diagnostic tool appropriate for identifying the underlying condition. [BTL3]
18. Analyze the key factors that influence the success of client centered therapy. How these factors contribute to the client's self-discovery. [BTL4]
