

C 4751

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Name.....

Reg. No.....

SECOND SEMESTER M.Sc. DEGREE EXAMINATION, JUNE 2016

(CUCSS)

Psychology

PSY 2.3—COUNSELLING PSYCHOLOGY

Time : Three Hours

Maximum : 36 Weightage

Section A

*Answer **all** questions in one **or** two sentence each.*

Each question carries 1 weightage.

1. Initial counseling interview.
2. Advanced empathy.
3. Theme identification.
4. Family counseling.
5. Uncoupling process.
6. Yoga relaxation.
7. Transcendental meditation.
8. Crisis counseling.
9. Attending skills.
10. Confidentiality.
11. Closed questions.
12. Paraphrasing.
13. Self disclosure.
14. Shame attacking.

(14 x 1 = 14 weightage)

Turn over

Section B

*Answer any **seven** paragraph questions.*

Each question carries 2 weightage.

15. Difference between counseling and psychotherapy.
16. Goals of counseling.
17. Characteristics of an effective counseling relationship.
18. Philosophical foundation of counseling.
19. Therapeutic process in existential therapy.
20. Trait factor counseling.
21. Procedure of JPMR.
22. Criteria of counseling evaluation.
23. Counselling for drug abuse.
24. Need and significance of counseling in vocational setting.

(7 x 2 = 14 weightage)

Section C

*Answer any **two** essay questions.*

Each question carries 4 weightage.

25. What is meant by relaxation ? Illustrate the process and application of GSPR.
26. Discuss the key concepts and techniques in client centered therapy.
27. Give a brief account on the historical development of counseling profession.
28. Define counseling and describe the process of counseling.

(2 x 4 = 8 weightage)