

Exam Date & Time: 29-Sep-2020 (02:00 PM - 05:45 PM)



PSG COLLEGE OF ARTS AND SCIENCE

Note: Writing 3hrs: Checking & Inserting Image : 30mins

MSc DEGREE EXAMINATION MAY 2020
(Fourth Semester)

Branch - APPLIED PSYCHOLOGY
COUNSELLING PSYCHOLOGY [18PSP26]

Marks: 75

Duration: 210 mins.

SECTION A

Answer all the questions.

- 1) Identify which theory was put forward by John Holland.
(i) Group Counselling
(ii) Family Counselling
(iii) Career Development
(iv) Pre-marital Counselling (1)
- 2) The psychoanalytic approach was put forward by
(i) Rogers
(ii) Ellis
(iii) Freud
(iv) Beck (1)
- 3) Advanced accurate empathy is a skill required from which stage of Egan's model of counseling?
(i) Stage 1 onwards
(ii) Stage 3 onwards
(iii) Stage 2 onwards
(iv) Stage 4 onwards (1)
- 4) Breast cancer survivors, parents anonymous, spouse loss groups are examples of
(i) support groups
(ii) psychodrama
(iii) encounter groups
(iv) medication groups (1)
- 5) Identify which counseling skills help to build a supportive alliance with clients that is conducive to openness, trust and respect.
(i) Relationship skills
(ii) Group process skills
(iii) Evaluation skills
(iv) Action skills (1)
- 6) Identify which therapy consist learning adaptive behaviours by methods such as systematic desensitization, behavioural rehearsal and reinforcement programmes.
(i) Behaviour therapy (1)

- (ii) Cognitive therapy
- (iii) Person-centred therapy
- (iv) Existential therapy

- 7) State which of the following is not an Intelligence test?
 (i) WISC
 (ii) WMS
 (iii) WAIS
 (iv) WPPSI (1)
- 8) State which tool consists of a comprehensive map of all the members of a family over several generations including their coalitions, conflicts and connections.
 (i) refraining
 (ii) directives
 (iii) genogram
 (iv) metaphors (1)
- 9) Marital counseling involves
 (i) Husband
 (ii) Wife
 (iii) Family
 (iv) (i) and (iii) (1)
- 10) Identify the technique in which saying whatever comes to one's mind without self censorship.
 (i) transference
 (ii) free-association
 (iii) counter transference
 (iv) dream-analysis (1)

SECTION B

Answer all the questions.

- 11) Describe counselling as a helping relationship. (7)
- a) (7)
- [OR] State the factors contributing to the emergence of counselling.
 b) (7)
- 12) Discuss the Roger's humanistic approach to counselling. (7)
- a) (7)
- [OR] List the goal of counselling.
 b) (7)
- 13) List the interviewing techniques in counselling. (7)
- a) (7)
- [OR] Evaluate the limitations of diagnosis.
 b) (7)
- 14) List the similarities between individual and group counselling. (7)



a)

[OR] Explain educational guidance.

b)

(7)

15) Discuss the importance of family group consultation.

(7)

a)

[OR] Evaluate marital counselling.

b)

(7)

SECTION C**Answer 3 out of 5 questions.**

- 16) Trace the important periods in the development of counselling. (10)
- 17) Compare and contrast the psycho analytic and behaviouristic approach to counselling. (10)
- 18) Illustrate the components of the counselling interview. (10)
- 19) Evaluate the role of teachers in counselling. (10)
- 20) Justify counselling the delinquent in contemporary world filled with technology. (10)

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