

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSW DEGREE EXAMINATION MAY 2022  
(Fourth Semester)

Branch – SOCIAL WORK

**DISCIPLINE SPECIFIC ELECTIVE – II COUNSELLING**

Time: Three Hours

Maximum: 75 Marks

**SECTION-A (10 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

- 1 The principle of challenging the client is called \_\_\_\_\_.  
(i) Empathy (ii) Confrontation  
(iii) Self Determinations (iv) Non Judgmental Attitude
- 2 The Mental Hygiene Movement was launched by \_\_\_\_\_.  
(i) Stanley Hall (ii) Clifford Beers  
(iii) Frank Parsons (iv) Eli Weaver
- 3 Which if the following is developed by Albert Ellis?  
(i) REBT (ii) CBT  
(iii) Existential Therapy (iv) Psychodynamic therapy
- 4 The main goal of existential therapy is \_\_\_\_\_.  
(i) Being for Oneself (ii) Authenticity  
(iii) Being with Others (iv) Existence
- 5 \_\_\_\_\_ is the process of helping a client explore themes, issues and emotions new to his or her awareness.  
(i) Empathetic Rapport (ii) Primary Empathy  
(iii) Advanced Empathy (iv) None of These
- 6 Who is a client?  
(i) One who seeks help (ii) One who provides help  
(iii) One who has a problem and seeks help (iv) Self-Satisfaction
- 7 \_\_\_\_\_ is a technique of asking questions to bring out hidden information.  
(i) Non – Verbal Cues (ii) Questioning  
(iii) Probing (iv) Attending
- 8 \_\_\_\_\_ is a statement of the clients problem from another perspective.  
(i) Acceptance (ii) Empathy  
(iii) Reframing (iv) Paraphrasing
- 9 \_\_\_\_\_ counselling improves the quality of life of patients suffering from life threatening illnesses.  
(i) Family Counselling  
(ii) Palliative Care Counselling  
(iii) Rehabilitation Counselling  
(iv) Crisis Counselling
- 10 Rehabilitation counselling assists \_\_\_\_\_ to accomplish their goals.  
(i) Patients (ii) Children  
(iii) Families (iv) Persons with disabilities.

Cont...

**SECTION - B (35 Marks)**  
Answer ALL Questions  
ALL Questions Carry EQUAL Marks

(5 x 7 = 35)

- 11 a. Elaborate the goals of counselling.  
OR  
b. Differentiate between counselling and guidance.
- 12 a. Illustrate the techniques in Person Centered Therapy.  
OR  
b. Illustrate the techniques in psychoanalytic therapy.
- 13 a. Distinguish between voluntary and involuntary clients.  
OR  
b. Elaborate the stages in counselling.
- 14 a. Discuss the macro skills in counseling.  
OR  
b. Examine the significance of listening.
- 15 a. Interpret the application of creative techniques in counselling.  
OR  
b. Describe the role of Counselling in Rehabilitation.

**SECTION - C (30 Marks)**  
Answer any THREE Questions  
ALL Questions Carry EQUAL Marks

(3 x 10 = 30)

- 16 Trace the evolution of counselling.
- 17 Discuss the therapeutic interventions of Adlerian therapy.
- 18 Comment on the roles and responsibilities of counsellor and counsellee in the counselling relationship.
- 19 Describe the skills required for an effective counsellor.
- 20 Explain the need and importance of school counselling.

Z-Z-Z

END