

MAY 2016

P/ID 28706/PCYF

Time : Three hours Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions, each in 50 words.

1. What is counselling?
2. What are the behavioural approaches in counselling?
3. What is cross - cultural counselling?
4. What is flooding?
5. Differentiate between process goals and outcome goals of counselling.
6. What is reaction formation?
7. State a few cognitive therapeutic techniques.
8. What does the self-efficacy theory state?
9. What are the basic assumptions of existential therapy?
10. What are the basics of logotherapy?

PART B — (5 × 6 = 30 marks)

Answer ALL questions, each in 250 words.

11. (a) Discuss about the scope of counselling.
- Or
- (b) Explain the applications of counselling in school settings.
12. (a) Discuss the advantages and disadvantages of psychoanalysis.
- Or
- (b) Explain a few techniques followed by psychoanalysts.
13. (a) Explain with an example how classical conditioning can be applied to counselling or therapy.
- Or
- (b) Illustrate aversive and flooding methods as a treatment to addiction.
14. (a) Discuss about REBT.
- Or
- (b) Discuss a cognitive techniques used in counselling.

15. (a) Demonstrate any three relaxation procedures.

Or

- (b) Briefly explain life skills counselling.

PART C — (5 × 10 = 50 marks)

Answer ALL questions, each in 500 words.

16. (a) Discuss the characteristics of effective counsellors.

Or

- (b) Explain in detail the different phenomenological approaches.

17. (a) Discuss about process goals and outcome goals in detail.

Or

- (b) Evaluate psychoanalysis.

18. (a) Discuss upon Skinner's theory and its application to therapy.

Or

- (b) Write about different techniques used by behaviourists, in relation to different situations of counselling.

19. (a) Explain REBT.

Or

(b) Discuss about different cognitive models.

20. (a) Evaluate multimodal counselling.

Or

(b) Discuss about existential counselling.
