

MAY 2011

P/ID 28706/PCYF

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. What is Adjustment?
2. What is Empathy?
3. Describe Counselling.
4. What does it involve in Meditation?
5. Describe Psychogram.
6. State the meaning of Psychotherapy.
7. Describe REBT counselling.
8. What are the characteristics of Multimodel counselling?
9. Mention the uses of Life Skills Counselling.
10. Explain the term Existential Counselling.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe Educational Counselling.

Or

(b) Explain Counselling goals.

12. (a) Mention the therapeutic conditions for personality change.

Or

(b) Briefly describe the stages in Counselling.

13. (a) Mention the reasons for Psychological Counselling.

Or

(b) Describe tough-minded listening.

14. (a) Discuss the skills of counsellor.

Or

(b) Describe the principles underlying effective challenges.

15. (a) List out the characteristics of viable clients goals.

Or

- (b) Mention the requisite skills in clients for fullfilling their need.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain the theories of person-centered counselling.

Or

- (b) Discuss behavioural counselling.

17. (a) Delineate behavioural assessment.

Or

- (b) Write an essay on “Behaviour therapy and scientific method”.

18. (a) Discuss assertive training.

Or

- (b) Discuss Jacobson Progressive Muscular Relaxation technique.

19. (a) Describe a cognitive model of counselling.

Or

(b) Elucidate Life Skills Counselling.

20. (a) Explain multimodel counselling.

Or

(b) Discuss existential counselling.
