

MAY 2012

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 counselling?
2. What is unconscious?
3. Write a note on unlearning.
4. Give the meaning of perceived self.
5. Who is facilitator?
6. Explain the term reassurance.
7. Explain the term “reflection of feeling”
8. What is acceptance?
9. Explain behaviour therapy.
10. What is REBT?

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) How does counselling help client?
Or
(b) Describe the expectations of client in counselling.
12. (a) Write on the structure of humanistic model of counselling.
Or
(b) Briefly write on Psychoanalytic counselling.
13. (a) How does counselling help clients to find role models for solving their life problems?
Or
(b) Present briefly on Wolpe's reciprocal inhibition.
14. (a) How can clients be helped to develop strategies to get what they want and need?
Or
(b) Mention the ways clients face risk while choosing courses of action.

15. (a) What are the skills involved in terminating counselling relationship?

Or

- (b) Explain suggestion with an example.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) How is counsellor preparation done?

Or

- (b) Examine mental health as a goal of counselling.

17. (a) Explore considerations relevant to counsellor decisions and behaviour in the initial interview.

Or

- (b) Critically evaluate behavioural counselling.

18. (a) Discuss the process goals in counselling.

Or

(b) Elucidate reinforcement methods.

19. (a) Discuss rational emotive behaviour counselling.

Or

(b) Write about multimodal counselling.

20. (a) Discuss life skills counselling approach.

Or

(b) Explain existential counselling.
