

OCTOBER 2013

**P/ID 28706/PCYF**

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Time : Three hours

Maximum : 100 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Write a short note on the following:

1. Behavior Modification.
2. Operant Conditioning.
3. Social Learning approach.
4. Extinction.
5. Positive reinforcement.
6. Ego.
7. Task Groups.
8. Group Dynamics.
9. Individual Assessment.
10. Goals of counselling.

SECTION B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

11. (a) Explain the basic assumptions of Jung's Analytic Psychology.

Or

- (b) Describe the nature of Defense Mechanism in Psychoanalytic Counselling.

12. (a) Discuss the basic assumptions of Rational Emotive Therapy.

Or

- (b) Explain the steps in problem solving process adopted by counsellors.

13. (a) Describe the role of Social Networks in group counselling.

Or

- (b) Explain the role of Psycho Education Groups in group counselling.

14. (a) Describe the major assumptions of Adler's Individual Psychology.

Or

- (b) Explain the counselling implications of Adler's Individual Psychology.

15. (a) Discuss the phenomenological approaches to Counselling.

Or

- (b) Explain the levels of anxiety in Psychoanalytical counselling.

SECTION C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

16. (a) Describe Jacobson's relaxation techniques.  
Or  
(b) Critically examine Wolpe's Systematic Desensitization procedure.
17. (a) Explain the In-VIVO Desensitization technique.  
Or  
(b) Elaborate on the techniques for behavioral assessment.
18. (a) Describe flooding technique.  
Or  
(b) Critically evaluate REBT.
19. (a) Explain the shortcomings of Behavioral Counselling.  
Or  
(b) Explain Pavlov's Classical Conditioning.
20. (a) Describe the Skinner's Operant Conditioning.  
Or  
(b) Critically Evaluate the Psychoanalytic approach to counselling.
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