

**Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore – 641043**

**Continuous Internal Assessment Test I – Feb 2025**

**Semester II**

**Class: I PG**

**Time: 2 hrs**

**Major: Human Development**

**Maximum Marks: 60**

**23MHDC11 - Counselling Techniques and Approaches**

**Course Outcomes:**

- Identify the techniques, types and approaches of counselling and recall the characteristics and steps
- Understand the concepts of the counselling approach and its implications in counselling types
- Analyse the cases in relation to various therapies
- Evaluate the cases and identify the therapy and techniques used
- Formulate a framework of counselling approach for any given case

**PART A**

**Choose the correct answer**

**1x6=6**

1. Which of the following is the ability of a counsellor to change the direction of the conversation from emotional to intellectual CO1 K2  
a. Capping                      b. focusing                      c. paraphrasing                      d. engagement
2. Being genuine throughout the counselling process is \_\_\_\_\_ skill. CO1 K2  
a. confidentiality                      b. immediacy                      c. congruence                      d. self-disclosure
3. Who advocated non-directive counselling? CO1 K1  
a. Carl Rogers                      b. E.G. Williamson                      c. F.C. Thorne                      d. Albert Ellis
4. Which step involves where information is summarized and organized in the logical manner to analyse? CO1 K1  
a. synthesis                      b. analysis                      c. diagnosis                      d. analysis
5. Life skills training groups is also known as \_\_\_\_\_ CO2 K1  
d. Sharing groups                      b. task groups                      c. education groups                      d. growth groups
6. Which of the following technique helps client to have more control over their problems by paraphrasing the problems CO2 K2  
a. Redefining                      b. Decentering                      c. Reattribution                      d. De-catastrophising

**PART B**

**Answer the following.**

**3x6=18**

7. Discuss the techniques of the individual counselling process. OR CO1 K2  
Discuss the Types of groups in group counselling. CO1 K2
8. Explain the conventions of eclectic counselling. OR CO1 K2  
Explain the advantages and limitations of non-directive counselling. CO1 K2
9. Discuss the techniques of REBT. OR CO2 K4  
Implicate the ABC concept of REBT in cognitive restructuring. CO2 K4

**PART C**

**Answer the following.**

**3x12=36**

10. Bring out the key concepts of CBT and its implications on the cognitions and behaviour. CO2 K2  
OR CO2 K2  
Explain the techniques of CBT. CO2 K2
11. Offer your views on individual versus group counselling techniques. OR CO1 K3  
Bring out the key concepts transactional analysis and its implications on communication pattern CO2 K2
12. Explain the stages of group counselling. OR CO1 K2  
Discuss the importance of group counselling in terms of size, duration and composition. CO1 K2

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