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Kamballe

Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2025

IV Semester

Class : II UG

Major : Psychology

Time: 3 Hours

Max. Marks: 100

23BPSC07 Fundamentals of Counselling

Course Outcomes:

CO1: Developing a basic understanding of Counselling as a Profession.

CO2: Gaining an overview of Basic Approaches, Theories and Techniques in Counselling.

CO3: Developing awareness about the Contemporary Issues and Challenges in Counselling.

CO4: Learning about the newer forms of Therapy like Solution Focused Therapy, Narrative Therapy etc.

Part A

10 x 1 = 10

Choose the Correct Answer

1. The primary goal of counselling is to CO1 K2
 - a. Give advice
 - b. Controlling the clients
 - c. Helping the clients for personal growth and problem solving
 - d. Diagnosing mental disorders

2. The key ethical principle in counselling is CO1 K1
 - a. Financial gain
 - b. Persuasion
 - c. Confidentiality
 - d. Making Judgments

3. Which organization provides the latest ethical guidelines for professional counselling CO1 K1
 - a. American Psychological Association (APA)
 - b. Indian Psychiatric Society
 - c. American Counselling Association (ACA)
 - d. World Health Organization (WHO)

4. Person person-centred approach is advocated by CO2 K1
 - a. Sigmund Freud
 - b. Carl Rogers
 - c. B.F. Skinner
 - d. Albert Ellis

5. The key technique used in behavioural approach is CO2 K1
 - a. Free association
 - b. Unconditional Positive Regard
 - c. Systematic desensitization
 - d. Dream analysis

6. This Changing irrational thoughts and beliefs in the CO2 K1
 - a. CBT
 - b. DBT
 - c. REBT
 - d. MBCT

7. A therapeutic approach focuses on reconstructing personal stories to bring a positive image is CO3 K2
 - a. Solution-focused therapy
 - b. Narrative therapy
 - c. Psychodynamic therapy
 - d. Behavioural therapy

8. An effective stress relaxation technique is CO3 K1
 - a. Meditation
 - b. Medication
 - c. Cognitive restructuring
 - d. Exposure therapy

9. Career counselling focuses on CO1 K2
 - a. Resolving family conflicts
 - b. Assisting individuals in making apt career choices
 - c. Childhood trauma
 - d. Grief and trauma

10. Grief counselling primarily helps individuals with CO4 K2
 - a. Forget the loss completely
 - b. Suppress their emotions
 - c. Healthily cope and process the loss
 - d. Ignoring the problem

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

- 11.a. Discuss about the nature and goals of counselling. CO1 K2
(or)
- 11.b. Illuminate on the advantages and disadvantages of tele counselling. CO1 K2
- 12.a. Briefly mention about psychodynamic approach to counselling. CO2 K3
(or)
- 12.b. Compare and contrast CBT and REBT in counselling. CO2 K3
- 13.a. Discuss the key features of narrative therapy. CO3 K3
(or)
- 13.b. List out the benefits of yoga and meditation. CO3 K2
- 14.a. Give a brief account on child counselling. CO4 K4
(or)
- 14.b. Outline the main objectives of career counselling. CO4 K3
- 15.a. What is music therapy? How does it help in enhancing mental well-being? CO3 K4
(or)
- 15.b. Discuss the advantages and disadvantages of solution focused therapy. CO3 K3

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Delineate on the importance of professional ethics in counselling. CO1 K4
(or)
- 16.b. Discuss about the status of counselling psychology in India. CO1 K5
- 17.a. Elucidate on the applications of behavioural therapy in treating psychological problems. CO2 K4
(or)
- 17.b. Give a detailed account of person-centred therapy in counselling. CO2 K3
- 18.a. Elaborate on Solution Focused Brief Therapy. CO3 K4
(or)
- 18.b. How do creative and expressive arts therapy aid in mental well-being? CO3 K5
- 19.a. Explain about the role of a counsellor in family counselling. CO4 K4
(or)
- 19.b. How do crisis intervention counselling help individuals deal with trauma? Explain. CO4 K5
- 20.a. Give a detailed account on the contemporary issues and challenges in the area of counselling. CO1 K5
(or)
- 20.b. Highlight the pros and cons of online counselling. CO1 K3
