

**Avinashilingam Institute for Home Science and Higher Education for Women**  
**Coimbatore – 641043**  
**Continuous Internal Assessment Test II – April 2025**  
**Semester II**

**Class: I PG**

**Time: 2 hrs**

**Major: Human Development**

**Maximum Marks: 60**

**23MHDC11 – Counselling Techniques and Approaches**

**Course Outcome**

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

**PART A**

**Choose the correct answer**

**1x6=6**

1. Which theory focuses on experience the self? CO3 K2  
a. Gestalt    b. Existential    c. Psychoanalytic    d. Person-centered
2. Who gave the concept of family constellation in his theory? CO2 K2  
a. Carl Rogers    b. Alfred Adler    c. Sigmund Freud    d. Federick Perls
3. Who promoted logotherapeutic approach? CO2 K1  
a. Nietzsche    b. Victor Frankl    c. Frederick S. Perls    d. Carl Jung
4. The impact of toilet-training is found to be in which stage of psycho-sexual development? CO2 K2  
a. phallic    b. oral    c. anal    d. genital
5. Integrated in here and now is the concept of which therapy? CO4 K2  
a. Existential    b. Logotherapy    c. Gestalt    d. Person-centered
6. People react to the phenomenal field as they experience and perceive it is the preposition of which therapy? CO4 K2  
a. Psychoanalytic    b. Adlerian    c. Person-centered    d. Gestalt

**PART B**

**Answer the following.**

**3x6=18**

7. Explain the basic concept of person centered therapy. OR CO4 K2  
Bring out the counselling process of person centered therapy. CO4 K2
8. Describe the Gestalt therapy techniques. OR CO3 K2  
Write a note on the changes that tend to occur as the client moves toward self-actualization. CO3 K2
9. Explain the empty chair technique with suitable example. OR. CO3K3  
Explain the technique of logotherapy and its implication. CO3 K3

**PART C**

**Answer the following.**

**3x12=36**

10. Discuss the key concepts of Psychoanalytic Therapy. OR CO2 K2  
Explain the counselling process and techniques of psychoanalytic therapy. CO3 K2
11. Discuss the key concepts of Adlerian therapy. OR CO2 K2  
Describe the techniques of Adlerian Therapy. CO3 K2
12. Explain the key concepts of Gestalt therapy with examples. CO4 K3  
Explain the key concepts of existential therapy with examples. CO4 K3