



Avinashilingam Institute for Home Science and Higher Education for Women

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

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – August 2020

VI Semester

Class : III UG
Major : Psychology

Time : 2 Hours
Max. Marks : 50

15BPSC21 Counselling Psychology

Part A

10 x 1 = 10

Choose the Correct Answer

- The Counsellor's role is to work to improve current functioning or lack of functioning is
 - enhancement
 - counselling
 - remedial
 - preventive
- Counselling psychology is applied psychology concerned with the integration of
 - psychological principles and therapeutic process
 - counselling and psychotherapy
 - pharmacotherapy and counselling
 - pharmacotherapy and psychotherapy
- The positive or negative wishes, fantasies and feelings that a counsellor unconsciously directs and transfers to a client, stemming from his or her own unresolved conflicts is
 - transference
 - countertransference
 - resistance
 - termination
- In this phase in the individuals are encouraged to talk about their problems is
 - first phase
 - phase two
 - ending phase
 - making assessment
- The love we receive even when we don't deserve is
 - empathy
 - sympathy
 - unconditional positive regard
 - genuineness
- The person consciously experiences the world is
 - phenomenology
 - conscious mind
 - reality principle
 - moral principle
- An active approach to reducing bodily arousal is
 - biofeedback
 - systematic relaxation
 - progressive muscle relaxation
 - behavior therapy
- It concentrates on the ways that studying humans differ from studying objects or animals, including issues such as experience, awareness, and free will is
 - Psychoanalytic theory
 - Reality therapy
 - Gestalt therapy
 - Humanistic Psychology
- The type of psychology that studies whole, intact segments of behaviour and cognitive experience is
 - Humanistic psychology
 - Gestalt psychology
 - Behavior psychology
 - Existential psychology
- The counsellor's task becomes that of helping the client develop new awareness and perspective that can lead to growth, more effective coping and clarification of goals is
 - Initial Disclosure
 - Relationship building
 - In-depth exploration
 - Commitment to Action

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Write short notes on process of counselling.
12. Explain about the commitment to action.
13. Discuss the ways to impede communication.
14. Illustrate the Story telling in detail.
15. Briefly mention about the placement of assessment.
16. Write short notes on Process of Goal Setting.
17. Explain the key concepts of Psychoanalytic Theory.
18. Write short notes on Systematic Desensitization.
19. Illustrate the Implication of Gender bias.
20. Discuss about working with families of older clients

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four pages

21. Discuss about the importance and needs of Counselling Psychology.
22. Illustrate the Stages of Counselling.
23. Explain the Counselling experience and relationship.
- 24 .Elaborate on Core Conditions in Counselling.
25. Discuss about the Resistance, Transference and Counter Transference.
26. Illustrate the Techniques to Improve Counselling.
27. Explain about the key concepts of Reality Therapy.
28. Briefly mention about Gestalt Therapeutic Techniques and Procedures.
29. Discuss the use of play and assessment in counselling.
30. Illustrate the applications of counselling in detail.