

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University) Coimbatore-641043.

Master's Degree Examination –November 2018

III - Semester

Class : II PG
Major : Applied Psychology

Time: 3 hours
Max. Marks: 60

17MAPC14 Counselling Psychology

10 x 1/2 = 5

Part A

Choose the correct answer

1. Counsellors are starting to realize that emotional problem can be allocated through
a. Spiritual counselling b. Healing c. Art therapy d. Dance therapy
2. The word "empathy" is actually a poor and misleading translation of
a. German b. Latin c. French d. Chinese
3. Holland's career Typology developed in the year
a. 1949 b. 1959 c. 1969 d. 1979
4. Super's Theory of vocational choice consists of
a. Four stages b. Five stages c. Six stages d. Seven stages
5. Beck's Cognitive therapy for depression requires the individual to:
a. Make an objective assessment of their beliefs b. Keep a dream diary
c. Keep a mood diary d. Set attainable life goals
6. Behaviour analysis is based upon the principles of:
a. Classical conditioning b. Operant conditioning c. Dream Analysis d. Gestalt
7. It is generally considered that Cognitive behavioural therapy changes:
a. Thought processes b. Behaviour c. Thoughts and behavior d. Mood states
8. Which of the following is not a Behaviour Therapy technique?
a. Flooding b. Counter transference
c. Counter conditioning d. Systematic desensitization
9. Counselling is a profession that aims to:
a. Promote personal growth and productivity
b. Provide a successful diagnosis in psychopathology
c. Ensure that clients are on the correct medication
d. Solely address behavior
10. The word consultare comes from
a. Chinese b. Japanese
c. Latin d. German

Section B

Answer all the questions

5 x 4 = 20

Each answer should not exceed 200 words or one page

11. a. Write about attitude and skills of a professional counselor.
(Or)
b. Illustrate the characteristics that required for successful counsellor.
12. a. Give a detailed account on ASCA National Model.
(Or)
b. Discuss about the significance of work place counselling in India.
13. a. Evaluate the importance of grief counselling.
(Or)
b. Write short notes on Psychological First Aid.
14. a. Briefly mention about the rehabilitation counselling.
(Or)
b. Write short notes on suicide counselling.
15. a. Explain about life coaching.
(Or)
b. Discuss about consulting training.

Section C

Answer all the questions

5 x 7 = 35

Each Answer should not exceed 600 words or three pages.

16. a. Describe about the mental health care movement in India.
(Or)
b. Enumerate on ethical considerations for a counsellor
17. a. Delineate on counselling in Educational Setting.
(Or)
b. Elaborate on Career Theories.
18. a. Discuss about pain management counselling with suitable examples.
(Or)
b. Outline the guidelines for administering PFA.
19. a. Examine the issues relevant to the mental and physical well being of women.
(Or)
b. Narrate the process of counselling offered for Addiction.
20. a. Give a detailed account on convergence of approaches and thinking.
(Or)
b. Elucidate the stress release scenario in India Today.