



## 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

### Master's Degree Examination – May 2025

#### II Semester

**Class : I P.G.**  
**Major : Human Development**

**Time: 3 Hours**  
**Max. Marks: 100**

#### 23MHDC11 Counselling Techniques and Approaches

##### Course Outcomes:

CO1: Identify the techniques, types and approaches of counselling and recall the characteristics and steps

CO2: Understand the concepts of the counselling approach and its implications in counselling types

CO3: Analyse the cases in relation to various therapies

CO4: Evaluate the cases and identify the therapy and techniques used

CO5: Formulate a framework of counselling approach for any given case

#### Part A

10 x 1 = 10

#### Choose the Correct Answer

1. An individual who has achieved ----- is happy, autonomous, and creative  
a. constructive alternativism      b. libido      c. self-actualization      d. reinforcement      CO1K2
2. In behaviour modification, use continuous  
a. shaping      b. consequences      c. extinction      d. reinforcement      CO5K3
3. What is self-monitoring in cognitive behavioral therapy?  
a. Engaging in relaxation strategies  
b. Keeping track of behaviors, symptoms, or experiences over time  
c. Using mental distractions      d. Journaling      CO2K2
4. What cognitive behavioral therapy technique involves tracking eating habits and associated thoughts and feelings?  
a. Journaling      b. Role-playing      c. Mental distractions      d. Self-monitoring      CO3K1
5. Who originated cognitive behavioral therapy?  
a. Sigmund Freud      b. Aaron Beck      c. Carl Rogers      d. B.F. Skinner      CO2K3
6. Which of the following is the initial stage and steps of Experiential Learning Cycle?  
a. Generalizing      b. Experiencing      c. Processing      d. Publishing      CO3K3
7. Hari tries to synthesize the information to find a unique solution to a problem.  
a. concrete experience      b. Active experimentation  
c. Abstract conceptualization      d. Reflective Observation      CO1K5
8. Ravi buys a lottery ticket every Friday with the expectation that he is going to win some money. His behaviour illustrates:  
a. Competence motivation      b. Incentive motivation      c. Self-actualization      d. Drive motivation      CO4K5
9. The component of personality that operates according to the reality Principle is the  
a. Conscious      b. Super ego      c. Ego      d. Id      CO4K4
10. How can art therapy benefit individuals?  
a. By improving physical health  
b. By fostering creativity in unrelated fields  
c. By promoting emotional well-being and self-discovery  
d. By enhancing mathematical abilities      CO5K4

**Part B****5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 11.a. What is individual counselling? Write its benefits. CO1K1  
(or)
- 11.b. Write a note on humanistic approach to counselling. CO1K2
- 12.a. What is cognitive behavioural therapy? Write its purpose. CO2K1  
(or)
- 12.b. How CBT can help the student having exam anxiety? Elaborate. CO2K3
- 13.a. Write the concept of experiential approach. Give examples. CO3K2  
(or)
- 13.b. Explain the process of person centred therapy. CO3K3
- 14.a. What are the techniques of psychoanalytical approach? Explain. CO4K2  
(or)
- 14.b. Write a note on defence mechanism. CO4K1
- 15.a. How creative art therapy help the clients? CO5K3  
(or)
- 15.b. What are the procedure to be followed while using art therapy. CO5K2

**Part C****5 x 12 = 60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 16.a. Discuss directive and non directive methods of counselling. CO1K4  
(or)
- 16.b. What are the stages of group counselling? Explain. CO1K1
- 17.a. Explain the techniques of CBT. CO2K2  
(or)
- 17.b. Elaborate on REBT and its purpose. CO2K2
18. a. Explain Gestalt therapy. CO3K3  
(or)
- 18.b. Write the core concepts of existential therapy. Explain its benefits and limitations. CO3K1
- 19.a. Discuss the benefits of psychoanalytic approach. CO4K4  
(or)
- 19.b. Explain the techniques of Adlerian approach. CO4K2
- 20.a. What is play therapy? Write its benefits. CO5K1  
(or)
- 20.b. Explain the types of creative art therapy. CO5K3

**\*\*\*\*\***