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B.A. Semester - VI (Under CBCS Ordinance)

EXAMINATION APRIL 2023

PSYCHOLOGY - Counselling Psychology

[Duration: 2 Hours]

[Max. Marks:80]

Instructions:

1. All questions are **Compulsory**.
2. Question 1 and 2 are to be answered in around **100** words.
3. Questions 3 to 6 are to be answered in around **400** words.
4. Figures to the **Right** indicate marks.

Q.1. Write short notes on Any Four of the following.

(16)

- a) Decision-making as a goal of counselling.
- b) Criticisms against psychoanalysis.
- c) The five levels of verbal communication.
- d) Supportive therapies in counselling.
- e) Development of relationship as a stage in counselling.
- f) Id, ego and superego.

Q.2. Write short notes on Any Four of the following.

(16)

- a) Ginzberg's theory of occupational choice.
- b) Art therapy.
- c) Strategies for dealing with school phobia.
- d) The virtual counselling room.
- e) Two types of crisis faced by people in life situations.
- f) Zen Meditation.

Q.3. a) Explain the various attitudinal skills for successful counselling.

(12)

OR

- b) What are the training requisites in terms of academic preparation and practical skills for counsellors? (12)

Q.4. a) Highlight the cognitive perspective on personality and behavioural problems.

(12)

OR

- b) Explain the behavioural approach to counselling with due focus on the application of the learning theory. (12)

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Q.5. a) Discuss in detail the goals of family counselling. (12)

OR

b) Examine Super's theory of vocational development. (12)

Q.6. a) Describe yoga as a meditative technique and highlight Patanjali's eight-limbed concept of yoga. (12)

OR

b) What is technology mediated counselling? Discuss the issues of risk assessment and management, and privacy and confidentiality of interaction using computer based technology. (12)