

**B.Sc. DEGREE EXAMINATION APRIL 2023**  
**PSYCHOLOGY**  
**SIXTH SEMESTER**

**COURSE : MAJOR - CORE**  
**PAPER : COUNSELLING PSYCHOLOGY**  
**TIME : 3 HOURS** **MAX. MARKS: 100**

**SECTION – A**

**ANSWER ALL QUESTIONS IN ABOUT 50 WORDS EACH: (10 X3 = 30)**

1. Define Counselling.
2. Enlist the functions of a counsellor.
3. What is empty chair technique?
4. Enlist some techniques used in Behaviouristic approach.
5. What is a Blind spot?
6. What is accurate empathy? Give example.
7. What does 'preferred scenario' mean?
8. Why is termination important in a counselling process?
9. What are the goals of grief counselling?
10. What are the constraints of online counselling?

**SECTION – B**

**ANSWER ANY FIVE QUESTIONS IN ABOUT 250 WORDS EACH: (5 X 8= 40)**

11. Describe the characteristics of an effective counsellor.
12. What are the basic assumptions of Humanistic approach?
13. Outline the barriers to effective listening.
14. What is the significance of non-verbal behaviour in counselling?
15. Discuss transference and countertransference with suitable examples.
16. What are the key components of facilitating action stage in Egan's model?
17. Discuss the need for family counselling.
18. What is the scope for Workplace counselling?

**SECTION – C**

**ANSWER ANY TWO QUESTIONS IN ABOUT 1000 WORDS EACH: (2 X 15= 30)**

19. Describe the ethical principles that have to be followed in the process of counselling.
20. Discuss the techniques used in Gestalt approach.
21. Evaluate the skilled helper model.
22. Discuss the goals and roles of a counsellor in
  - (i) a disaster situation
  - (ii) Grief situation