

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086
(For candidates admitted during the academic year 2019-2020 and thereafter)
SUB CODE: 19SW/PC/CN44

M.S.W. DEGREE EXAMINATION – APRIL 2023
MASTER OF SOCIAL WORK
FOURTH SEMESTER

COURSE : MAJOR CORE
PAPER : COUNSELLING - THEORY AND PRACTICE
TIME : 3 HOURS **MAX. MARKS : 100**

SECTION – A **(10x2=20)**

ANSWER ALL QUESTIONS. EACH ANSWER NOT TO EXCEED 50 WORDS:

1. Define Counselling.
2. What is Burn out?
3. What is positive mental health?
4. Mention any four essential skills in Recording.
5. What is Directive counseling?
6. Mention any two advantages of Group counselling.
7. What is Addiction?
8. Differentiate Medical clowning and Laughter therapy.
9. What is Grief counseling?
10. What are the ego states according to Transactional Analysis?

SECTION – B

ANSWER ANY FOUR QUESTIONS. EACH ANSWER NOT TO EXCEED 600 WORDS: **(4x10 =40)**

11. Differentiate Counselling and Psychotherapy.
12. Give a brief account on the importance of Counselling in workplace.
13. Highlight the challenges in Deaddiction counseling.
14. Compare Integrative and Eclectic approach in Counselling.
15. Write the importance of Recording in counselling.
16. Briefly explain any one stress management technique to be used at work place.

SECTION – C

ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS: **(2x 20 = 40)**

17. Give a detailed account on the Egan's helper model in Counselling.
18. Elaborate on the Ethical considerations in counseling clients with suicidal ideations.
19. Explain in detail the Role of a counselor in school, based on your field work experience.
20. Explain the techniques of Cognitive Behavioural Therapy with examples.
