

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2022 – 2023 & thereafter)

M.Sc.,DEGREE EXAMINATION, NOVEMBER 2023
PSYCHOLOGY
THIRD SEMESTER

COURSE : CORE
PAPER : COUNSELLING SKILLS AND TECHNIQUES
SUBJECT CODE : 22PY/PC/CT34
TIME : 3 HOURS **MAX. MARKS: 100**

SECTION - A

ANSWER ANY SIX QUESTIONS. (6X10=60)

1. Discuss the challenges in using the skill of challenging.
2. Examine the process of managing resistance in the client.
3. Discuss the counsellor skills required in stage three of the Egan's model of helping.
4. How can the counsellor draw out client stories using the Ivey and Ivey s micro skills model.
5. Analyze the characteristics of empathetic people.
6. Explain the types of problems and the problem-solving cycle.
7. Evaluate the challenges in counselling clients with post-traumatic stress disorder.
8. List the strategies to prevent burnout in counsellors.

SECTION - B

ANSWER ANY TWO QUESTIONS. (2X20=40)

9. Illustrate how Joe can be counselled for his low self-esteem using stage I and II of the Egan's model of helping.
10. Critically evaluate the qualities of an effective listener.
11. What are the implications of counselling children and adolescents.
12. Elucidate the facilitation activities of the counsellor.
