

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086**  
**(For candidates admitted during the academic year 2019-2020 and thereafter)**

**M.S.W. DEGREE EXAMINATION – APRIL 2024**  
**MASTER OF SOCIAL WORK**  
**FOURTH SEMESTER**

**COURSE : CORE**

**PAPER : COUNSELLING - THEORY AND PRACTICE**

**SUB CODE : 19SW/PC/CN44**

**TIME : 3 HOURS**

**MAX. MARKS : 100**

**SECTION – A**

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

**(10x2=20)**

1. Why is ethics important in Counselling?
2. How do counselling and psychotherapy differ from one another?
3. Define Positive Mental Health.
4. Name any four symptoms of Burnout.
5. List any four skills used in Egan Model of Counselling.
6. What is empty chair technique in Gestalt therapy?
7. Mention any two techniques used in Cognitive Behaviour Therapy (CBT).
8. List any four benefits of Medical Clowning.
9. What is Neuro- linguistic Programming?
10. Mention the primary goal of the counsellor in Career Counselling.

**SECTION – B**

**ANSWER ANY FOUR QUESTIONS. EACH ANSWER NOT TO EXCEED 600 WORDS:**

**(4x10 =40)**

11. Highlight the significance of 'Client-Counsellor' relationship.
12. Elaborate on the basic skills required for an effective counsellor and the goals to be achieved in counselling.
13. 'Recording the counselling sessions helps the counsellor to focus, review and improve their work' – Justify the statement.
14. Narrate the advantages and disadvantages in individual counselling, group counselling and community counselling.
15. Illustrate the process involved in storytelling and psycho-drama.
16. Discuss the role of a counsellor in deaddiction centres and highlight the challenges faced by counsellors in De-addiction Centres.

**SECTION – C**

**ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS:**

**(2x 20 = 40)**

17. Enumerate the various counselling techniques used in stress management.
18. Elaborate Egan's three stage model of counseling with a case example.
19. 'Ramya is a 24 year old woman who has recently completed her PhD from a top University. Ramya experienced high levels of stress and anxiety during her research work which she coped with by drinking heavily. Now a days she remains isolated, disinterested and shared thoughts of committing suicide' – as a counselor, create an intervention plan to help the client.
20. Elucidate the Solution Focussed Approach and bring out its applicability in counselling.

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