

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 600 086
(For candidates admitted from the academic year 2023 – 2024 and thereafter)

M.S.W. DEGREE EXAMINATION, APRIL 2026
SOCIAL WORK
FOURTH SEMESTER

COURSE : CORE

PAPER : COUNSELLING - THEORY & PRACTICE

SUBJECT CODE: 23SW/PC/CN44

TIME : 3 HOURS

MAX. MARKS: 100

Q. No.	SECTION A Answer all in 50 words each (4 x 2 = 8 marks)	CO	KL
1	Mention any two challenges faced by counsellor during grief counselling?	1	1
2	Define Counselling	1	1
3	What is psychodrama?	1	1
4	Mention any two Counselling Ethics.	1	1
Q. No.	SECTION B Answer all in 75 words each (4 x 3=12 marks)	CO	KL
5	Write a brief note on positive Mental Health.	2	2
6	According to Egan model of counselling, what is meant by getting there?	2	2
7	Write a short on the key issues addressed in gerontological counselling for older adults?	2	2
8	Enlist the significant differences between individual counselling and group counselling?		
Q. No.	SECTION C Answer 2 out of 4 questions in 300 words each (2 x 8= 16 marks)	CO	KL
9	Explain the importance of behavior modification in mental health practice.	3	3
10	Present the steps involved in Crisis Intervention.	3	3
11	Analyse how the profile of the counsellor and the client influence the development of a healthy counselling relationship.	3	3
12	Compile the different approaches used in family counselling and marital counselling.	3	3
Q. No.	SECTION D Answer 2 out of 4 questions in 400 words each (2 x 12= 24 marks)	CO	KL
13	Compare directive counselling and non-directive counselling.	4	4
14	Narrate the difference between Counselling and Psychotherapy.	4	4

15	Elucidate the essential skills required for effective recording in counselling?	4	4
16	Elaborate the role of social worker in School setting.	4	4
Q. No.	SECTION E Answer 1 out of 2 questions in 1000 words (1 x 20 =20 marks)	CO	KL
17	Stating examples, argue the significance of alternative therapy in Counselling.	5	5
18	Critically review the strategies used while working with clients experiencing suicidal ideation?	5	5
	SECTION E Answer 1 out of 2 questions in 1000 words (1 x 20 =20 marks)	CO	KL
19	How is stress different from burnout? Propose Stress Management strategies for preventing burn out.	5	6
20	Integrate the different stages of the Egan Model of Counselling with a suitable illustration.	5	6
