

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86
(For candidates admitted during the academic year 2015–2016& thereafter)

SUBJECT CODE: 15SW/PC/CN44

M.S.W. DEGREE EXAMINATION APRIL 2018
SOCIAL WORK
FOURTH SEMESTER

COURSE : CORE

PAPER : COUNSELLING - THEORY AND PRACTICE

TIME : 3 HOURS

MAX. MARKS: 100

SECTION – A

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

(10 x 2 = 20)

1. Define Counselling.
2. List out any four Learning Principles.
3. Write any four aspects of Positive Mental Health.
4. Mention any four skills required for recording in counselling.
5. What are the goals of a client in the problem exploration stage?
6. What is Integrative Understanding?
7. What does Adler's Inherent Inferiority mean?
8. Give the meaning of Neuro-linguistic Programming.
9. Point out any four areas of concerns requiring counselling for the elderly.
10. What is Industrial Counselling?

SECTION – B

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

(4 x 10 = 40)

11. Discuss the Elements and Characteristics of Counselling.
12. Differentiate Counselling and Psychotherapy.
13. Discuss the Goals of Counselling.
14. Explain any two alternate approaches applied in counselling.
15. Bring out the advantages and disadvantages of directive and non-directive counselling.
16. How would you handle clients with suicidal ideation?

SECTION – C

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

(2 x 20 = 40)

17. How does burn out and stress impact the effectiveness of a counselling relationship? Suggest suitable techniques to manage burn-out and stress.
18. Elaborate Egan's three stage Model of counselling with a suitable example.
19. Highlight the scope and practice of counselling in disaster situations.
20. What is Transactional Analysis? Explain its applicability in practice.
