



QP CODE: 23105538

Reg No :

Name :

**B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,
MARCH 2023**

Sixth Semester

B.Sc Psychology Model I

**CHOICE BASED CORE COURSE - PY6CBT01 - THEORY AND PRACTICE OF
COUNSELLING**

2017 Admission Onwards

671E548E

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What are the aims of counselling?
2. What is Psychotherapy?
3. Counselling stages.
4. Levels of understanding in a counselling situation.
5. Counsellee Characteristics.
6. Countertransference.
7. Gestalt counsellor.
8. Dialectical behaviour therapy.
9. Jnana Yoga.
10. Autonomy.
11. Communication disability.
12. Self disclosure.





(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. What are the scope of counselling?
14. Core conditions of helping relationship.
15. Explain the role of counsellor in person centred approach.
16. Elaborate on the techniques used in Person centered Counselling approach.
17. State the essential characteristics required for the successful implementation of cognitive counselling.
18. Explain the goals and role of counsellor in Reality Therapy.
19. Role of pranayama in yoga therapy.
20. What is the aim of rehabilitation to legal offenders?
21. Steps for crisis intervention.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Define counselling. Describe the related fields of Counselling.
23. Effects of yoga and meditation on physiological and psychological aspects of health.
24. Comment on the behaviouristic view of human nature along with its strengths, contributions and limitations.
25. Explain addictive behaviour, it's types, causes and the remediation programmes.

(2×15=30)

