

E 6126



Reg. No.....

Name.....

B.A. DEGREE (C.B.C.S.S.) EXAMINATION, SEPTEMBER 2024

Sixth Semester

B.A. Psychology (Prior to 2012 Admissions)

Choice Based Core Course—THEORY AND PRACTICE OF COUNSELLING

Time : Three Hours

Maximum Weight : 25

Part A

Answer all questions

*Each bunch of **four** question carries a weight of 1.*

I. Choose the correct answer :

1 Attributing one's own mistakes to someone else :

- | | |
|-------------------|-----------------|
| (a) Displacement. | (b) Projection. |
| (c) Repression. | (d) Regression. |

2 Consciousness of and sensitivity to oneself, others, and the environment.

- | | |
|--------------------|-----------------|
| (a) Assertiveness. | (b) Avoidance. |
| (c) Awareness. | (d) Competence. |

3 Keeping trust with clients and fellow students by not divulging personal information about them unless granted permission.

- | |
|----------------------|
| (a) Confrontation. |
| (b) Confidentiality. |
| (c) Communication. |
| (d) Coping. |

4 Expressing the same meaning of another's statements or series of statements in different words.

- | | |
|-------------------------|-------------------|
| (a) Opening Statements. | (b) Paraphrasing. |
| (c) Modeling. | (d) Monitoring. |

Turn over





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II. Fill up the blanks :

- 5 What people say to themselves before during or after specific situations is _____.
- 6 Behaviour that impedes, slows down or stops the counselling/helping process is _____.
- 7 Sense of adequacy positive or negative evaluation of oneself as a person is _____.
- 8 Perceived demands on one's energy and coping abilities is _____.

III. Name the following :

- 9 Severe mental disorder involving loss of contact with reality and usually characterized by delusions and hallucinations.
- 10 Perception of either real or imagined danger.
- 11 Ending of Counselling or helping sessions and relationships.
- 12 Engaging in simulated enactments for understanding client's problems and problem situation before and for rehearsing changed communication and thoughts.

IV. Match the following :

- | | |
|----------------------------------|--------------------------|
| 13 Repression | - Individual Psychology. |
| 14 Striving for Superiority | - Memory. |
| 15 Unconditional Positive Regard | - Maslow. |
| 16 Self Esteem Need | - Carl Rogers. |

(4 × 1 = 4)

Part B

*Answer any **five** questions in one **or** two sentences.*

Each question carries a weight of 1.

17. Transference.
18. Ordipus Complex.
19. Empathy.





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20. Flooding.
21. Acceptance.
22. Anxiety.
23. Rapport.
24. Unconditional Positive Regard.

(5 × 1 = 5)

Part C

*Answer any **four** questions in one page.
Each question carries a weight of 2.*

25. Behaviour Modification.
26. Helping Relationship.
27. Directive Counselling.
28. Transactional Analysis.
29. Humanistic Theory.
30. Yoga and Meditation.

(4 × 2 = 8)

Part D

*Answer any **two** questions in four pages.
Each question carries a weight of 4.*

31. Examine the physical defects and abnormalities in childhood.
32. Explain briefly the Psychodynamic theory of Counselling.
33. Define Counselling. Explain briefly the basic Counselling Skills.

(2 × 4 = 8)

