

SECOND SEMESTER M.A./M.Sc./M.Com. DEGREE EXAMINATION, JUNE 2020

(CBCSS)

M.S.W.

SOW 2C 10—THEORY AND PRACTICE OF COUNSELLING

(2019 Admissions)

Time : Three Hours

Maximum : 30 Weightage

Section A

*Answer any four questions not exceeding 100 words.**Each question carries 2 weightage.*

Write Short Notes on :

1. Need of Counselling.
2. Psychotherapy.
3. Paraphrasing.
4. Rational emotive therapy.
5. Goal setting in counselling.
6. Empathic responding.
7. Genetic Counselling.

(4 × 2 = 8 weightage)

Section B

*Answer any four questions not exceeding 300 words.**Each question carries 3 weightage.*

8. Describe the Personal Qualities of an effective counsellor.
9. What are the elements in counselling ?
10. Explain reality therapy and transactional Analysis.
11. Explain the Eclectic approach in Counselling.
12. Briefly explain importance of Counselling in Workplace.
13. Discuss the Code of ethics and legal and ethical aspects of Counselling.
14. Discuss the difference between counselling and guidance.

(4 × 3 = 12 weightage)

Turn over

Section C

Answer any two questions not exceeding 800 words.

Each question carries 5 weightage.

15. Explain the stages of counselling and the attitudes and skills required.
16. Explain the Strengths based approach and Mindfulness based stress reduction in Counselling practice.
17. What is Crisis and Trauma Counselling? Illustrate the importance of crisis and trauma counselling in the specific context of Covid-19 pandemic.
18. Discuss the relevance of Marriage and Family counselling in addressing marital concerns and family issues in cultural context of India?

(2 × 5 = 10 weightage)