

M.A. (Part-II) Psychology Semester—III Examination

PSYCHOLOGY

Paper—IV

(Counselling Psychology)

Time : Three Hours]

[Maximum Marks : 80

- Note** :—(1) All questions are compulsory.
(2) All questions carry equal marks.

UNIT—I

1. Explain in short :—

- (a) Define counselling and write goals of counselling. 8
- (b) Explain aims and objectives of record keeping. 8

OR

- (a) Write characteristics of counsellor. 8
- (b) Explain written communication and counselling. 8

UNIT—II

2. Explain in detail building the counselling relationship and the core conditions of counselling. 16

OR

Explain in detail confrontation, interpretation and role playing of in depth exploration. 16

UNIT—III

3. Explain in detail ethical principles and ethical theory of counselling. 16

OR

Explain in detail the process of goal setting and termination in counselling. 16

UNIT—IV

4. Explain in short :—

- (a) Assessment and diagnosis in counselling. 8
- (b) Components of effective assessment. 8

OR

- (a) Tools for effective diagnosis. 8
- (b) Mistakes counsellors make in the assessment process. 8

5. Fill in the blanks :—

- (1) Counselling is a/an _____ process characterized by a unique relationship between counsellor and clients.
 - (a) Behavioural
 - (b) Cognitive
 - (c) Interactive
 - (d) Changing
- (2) _____ is the first stage of counselling.
 - (a) Empathy
 - (b) Initial disclosure
 - (c) Commitment to action
 - (d) In depth exploration

- (3) ____ is a counselling intervention in which the counsellor verbalizes the discrepancies, contradictions, omission expressed in client's words or actions :
- (a) Role playing (b) Confrontation
(c) Immediacy (d) Interpretation
- (4) ____ is called behavioural rehearsal.
- (a) Immediacy (b) Advanced Empathy
(c) Role playing (d) Confrontation
- (5) The ____ principle demands that counsellors be loyal to clients, employer and profession.
- (a) Justice (b) Fidelity
(c) Beneficence (d) Non-maleficence
- (6) ____ demands that no person be given better or worse treatment in counselling.
- (a) Fidelity (b) Justice
(c) Respect for Autonomy (d) Beneficence
- (7) There are ____ components to the information gathering and hypothesis testing process of assessment.
- (a) One (b) Five
(c) Six (d) Three
- (8) The second component of effective assessment is ____.
- (a) Mutual understanding (b) Understanding of problems
(c) Understanding strength (d) Ways of solving problems

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