



K23P 0474

Reg. No. :

Name :

II Semester M.Sc. Degree (CBSS – Reg./Supple./Imp.)
Examination, April 2023
(2019 Admission Onwards)
COUNSELLING PSYCHOLOGY
PSY2C08 : Counselling Theories and Approaches

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** of the following. **Each** carries 2 marks. (5×2=10)

1. What is Dream Analysis ?
2. Explain the term individuation.
3. Write a short note on the actualizing tendency as postulated by Roger's.
4. Write a short note on the three basic musts as specified by Albert Ellis.
5. Explain the PAC model.
6. Explain clues and skeleton keys.
7. Explain eclectic approach.

SECTION – B

Answer **any two** of the following. **Each** carries 5 marks. (2×5=10)

8. Explain the Freud's Psychoanalytic Counselling.
9. Explain human nature as proposed by experiential counseling.
10. Evaluate rational emotive behavior therapy in terms of its applications.

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SECTION – C

Answer **any two** of the following. **Each** carries **8** marks.

(2×8=16)

11. Explain the theoretical formulation of Transactional Analysis and its use in counseling.
12. What are the goals of narrative counseling and the different techniques involved ?
13. Explain Freudian counseling techniques.

SECTION – D

Answer **any two** of the following. **Each** carries **12** marks.

(2×12=24)

14. Explain Jungian brief approach to counseling and its contemporary issues.
15. Evaluate the experiments and exercises used in gestalt counseling.
16. Explain the theory and process of counseling as shown through cognitive behavioral theories.
17. Compare solution focused and narrative counselling approaches with a focus on its limitations.

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