



K26P 1250

Reg. No. :

Name :

Second Semester M.S.W. Degree (C.B.C.S.S. – O.B.E. – Reg./Supple./Imp.)
Examination, April 2026
(2023 Admissions Onwards)
MWMSW02C13 : COUNSELLING SKILLS AND TECHNIQUES

Time : 3 Hours

Max. Marks : 40

PART – A

Answer **any five** questions. **Each** question carries **2** marks.

(5×2=10)

1. Define Counselling.
2. What is meant by 'Active Listening' ?
3. Define the term 'Transference' in the counselling context.
4. What is 'Counsellor Burnout' ?
5. Define 'Grief' as discussed in health settings.
6. What is 'Social Media Addiction' ?

PART – B

Answer **any three** questions in not less than **200** words. **Each** question carries **4** marks.

(3×4=12)

7. Discuss the importance of the principles of counselling in social work practice.
8. Explain the concept of 'Self-Disclosure' as a counselling technique. What are its potential benefits and risks ?
9. Write a short note on the use of Solution-Focused Therapy in counselling.
10. Describe the key components of an intervention plan for individuals dealing with alcoholism.
11. Differentiate between counselling and social case work.

P.T.O.



PART – C

Answer **any three** questions in **not** less than **500** words. **Each** question carries **6** marks. **(3×6=18)**

12. Elaborate on the various stages of the counselling process, from relationship building to termination and follow-up.
13. Critically examine the statement : "School Counselling Service plays a crucial role in the academic performance and emotional well-being of school children."
14. Write a detailed account of the key concepts and techniques used in the Gestalt approach to counselling.
15. Describe a comprehensive trauma counselling plan for victims of a natural disaster.
16. Discuss the role and scope of counselling in industrial settings, with specific reference to absenteeism, accident proneness and interpersonal conflicts.