



K24P 1075

Reg. No. :

Name :

II Semester M.Sc. Degree (C.B.C.S.S. – OBE – Regular) Examination, April 2024
(2023 Admission)

COUNSELLING PSYCHOLOGY

MSCPS02C07 : Counselling Theories and Approaches

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** of the following. **Each** question carries **3** marks. (5×3=15)

1. What is MBCT ?
2. Write about paradoxical intention.
3. Differentiate transference and counter transference.
4. Mention about operant conditioning technique.
5. Define dialectical method.
6. What is Dream analysis ?

SECTION – B

Answer **any three** of the following. **Each** question carries **5** marks. (3×5=15)

7. Evaluate flooding and implosion techniques.
8. Discuss Counsellor's function and role in person centered counselling.
9. Write about phenomenological perspective.
10. Mention animal assisted approach.
11. Discuss about the process of interpretation of transference relationships in psychoanalytical counselling.

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SECTION – C

Answer **any three** of the following. **Each** question carries **10** marks. **(3×10=30)**

12. Briefly explain the development and approaches of rational emotive behavioural therapy.
13. Critically analyse and evaluate Freud's psychoanalytic approach in counselling.
14. Discuss the nature, concepts and techniques used in Gestalt view of counselling.
15. Distinguish cognitive behavioural strategies and interventions used in counselling.
16. Explain the major theoretical concepts and treatment methods using in reality therapy.

