



K21P 0803

Reg. No. :

Name :



II Semester M.Sc. Degree (CBSS – Reg./Suppl. (Including Mercy Chance)/
Imp.) Examination, April 2021
(2015 Admission Onwards)

COUNSELLING PSYCHOLOGY

PSY 2C08 : Counselling Theories and Approaches

Time : 3 Hours

Max. Marks : 60

A. Answer **any five** of the following. **Each** carries 2 marks.

- 1) Empty chair technique
- 2) Johari window
- 3) Striving for superiority
- 4) Counter conditioning
- 5) Object cathexis
- 6) Debriefing
- 7) Miracle question.

(5×2=10)

B. Answer **any two** of the following. **Each** carries 5 marks.

- 8) Briefly explain the nature of narrative counselling.
- 9) Explain the Adlerian view of human nature.
- 10) Discuss the indications of countertransference in a counselling session.

(2×5=10)

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

- 11) Explain the role of early childhood experience in the formation of dysfunctional beliefs.
- 12) Explain the process and techniques of client centered therapy.
- 13) Discuss the theoretical basis of transaction analysis.

(2×8=16)

P.T.O.



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

- 14) Discuss the current status of psychoanalytical counselling. Mention its limitations.
- 15) Critically evaluate humanistic perspective and its applications.
- 16) Explain different neo-freudian approaches in counselling.
- 17) Explain different brief counselling approaches. Discuss its advantages and limitations. (2×12=24)