DECEMBER 2023 **U/ID 22196/UCG4B**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 30 words each.

1. Define Counselling.

2. What are Process Goals?

3. What is the main goal of Person centered counselling?

4. What are the techniques involved in Cognitive counselling?

5. Expand CBT and REBT.

6. Define Reinforcement.

7. What is conditioning?

8. Define Group Counselling.

9. Who is a Delinquent?

10. What does Empathy mean?

11. Define Rapport Building.

12. What is Assessment?

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions in 200 words each.

13. Explain the purpose of Counselling.

14. Discuss the core conditions of person centered counselling.

15. What are the elements of Rational Emotive Behaviour Therapy?

16. Explain the advantages of Group counselling.

17. Discuss the process of career counselling.

18. What are the skills needed for an effective counsellor?

19. Explain the steps of case formulation.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. Delineate the ethical principles in counselling.

21. Elaborate the process of cognitive counselling.

22. Discuss the steps involved in the process of counselling Drug Addicts.

23. Elucidate upon the first three stages in the counselling process.

24. Explain the various assessment procedures followed in counselling.

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