MAY 2022 **U/ID 22196/UCG4B**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each 30 words.

1. Define counselling psychology.
2. Explain self-disclosure.
3. Explain person-centred counselling.
4. What is empathy?
5. Explain rapport.
6. What is a therapeutic alliance?
7. Define reward.
8. Explain client assessment.
9. Define assertiveness.
10. What is reinforcement?
11. Explain self-expression.
12. List out the main objectives of counselling.

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions each 200 words.

13. Write and explain the goal of counselling.

14. Give a short note on physical reactions manifested during counselling.

15. Briefly explain pre-marital counselling.

16. Enlist drug addiction counselling.

17. Mention the patterns of communication in the counselling process.

18. Write a short note on the mental skills of the counsellor.

19. Write on understanding the client's internal frame of reference.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions each 500 words.

20. Differentiate counsellors from other helping professionals.

21. Describe any two theories of counselling.

22. Elucidate on career counselling.

23. Discuss the communications skills needed for a counsellor.

24. Write an account on improving client variables.

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