MAY 2025 **U/ID 22196/UCG4B**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. What is the major purpose of Counselling?

2. What is Informed Consent?

3. Expand CBT, REBT and DBT.

4. What is the primary goal of Cognitive therapy?

5. Define Crisis.

6. What does Addiction mean?

7. Define Reinforcement.

8. What is the focus on marriage counselling?

9. Define Rapport.

10. What does Congruence refer to?

11. Define Socratic Questioning.

12. Write the meaning of Psychological Test.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Discuss the benefits of Counselling in brief.

14. How does person-centered counselling approach view the problems of individuals?

15. Exemplify the schedules of Reinforcement.

16. What kinds of problems are treated through Group Counselling?

17. Explain the purpose of Crisis Counselling.

18. Discuss about the Working Alliance.

19. Explain the various criteria for selecting a suitable psychological test for assessment.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Narrate the purpose and goals of counselling in detail.

21. How does Behavioural Counselling help clients to resolve their problems?

22. Elucidate the steps involved in the counselling given to drug addicts.

23. What are the basic types of skills required during the first stage of counselling?

24. Elaborate upon the various methods of assessment used in counselling.

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