DECEMBER 2024 **P/ID 28712/PCY1C**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. What is the fundamental difference between counselling and psychotherapy?

2. What are the primary goals of counselling?

3. What are the benefits of integrating various psychotherapy approaches?

4. How does cultural diversity impact the counselling process?

5. Describe the different personality types proposed by Carl Jung.

6. What are the main goals of brief psychodynamic therapy?

7. Explain the role of the ego in Freud's psychoanalytic theory?

8. What are the key concepts in Gestalt therapy?

9. Describe the core principles of person-centered therapy.

10. How do counsellors establish trust and rapport with their clients?

11. What are the main principles of Choice Therapy?

12. Describe the term “transactional analysis”.

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. How do legal regulations influence the practice of counselling?

14. What systematic frameworks are commonly used in counselling approaches?

15. Explain the importance of active listening in the counselling process.

16. How does self-psychology differ from traditional psychoanalytic approaches?

17. How does attachment theory contribute to our understanding of relationships and development?

18. How effective is Adlerian psychotherapy in treating specific psychological issues?

19. What is Transactional Analysis, and how does it differ from other therapeutic approaches?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. What are some current trends in counselling and psychotherapy in the 21st century?

21. What are the basic communication skills necessary for effective counselling?

22. What are the key concepts of psychoanalytic therapy according to Sigmund Freud?

23. What distinguishes person-centered therapy from other approaches?

24. How do therapists assess progress and success in Transactional Analysis therapy?

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