

Qn.Code: MEDC42

N.V.K.S.D. COLLEGE OF EDUCATION
(AUTONOMOUS)

M.Ed. Degree Fourth Semester Examination, June 2024
(For the candidates admitted during the academic year 2022-2023)

**Tool course: APPROACHES AND PRACTICES OF
COUNSELLING PSYCHOLOGY**
Course code: MED4TC004

Time: 3 Hours

Maximum Marks: 70

SECTION A (10 x 1 = 10 marks)

Answer ALL the questions by selecting the appropriate answers.

1. The counseling approach that emphasizes the role of unconscious conflicts in shaping behavior and personality is
 - a) Cognitive-Behavioral Therapy (CBT)
 - b) Humanistic Therapy
 - c) Psychoanalytic Therapy
 - d) Gestalt Therapy
2. The humanistic therapy primarily focusses on
 - a) Examining unconscious conflicts
 - b) Changing irrational beliefs
 - c) Encouraging self-exploration and growth
 - d) Modifying maladaptive behaviors
3. The counseling approach that focuses on the client's current thoughts, beliefs, and behaviors, with an emphasis on changing negative patterns is
 - a) Psychoanalytic Therapy
 - b) Humanistic Therapy
 - c) Cognitive-Behavioral Therapy (CBT)
 - d) Gestalt Therapy.
4. The primary goal of guidance and counseling is to
 - a) Diagnose mental illnesses
 - b) Provide career advice only
 - c) Help individuals develop their potential and make informed decisions
 - d) Enforce strict behavioral regulations
5. A key characteristic feature of an effective counselor is
 - a) Dominating conversations and providing solutions
 - b) Demonstrating empathy and active listening
 - c) Avoiding emotional connections with clients
 - d) Imposing personal beliefs onto clients
6. A primary goal of counseling for disabled and special children is
 - a) Fostering dependence on caregivers
 - b) Ignoring their unique needs and challenges
 - c) Enhancing their self-esteem and coping skills
 - d) Excluding them from social activities

7. The approach most suitable for counseling children with developmental disabilities is
 - a) Directive approach
 - b) Non-engagement approach
 - c) Play therapy and behavioral interventions
 - d) Cognitive-behavioral therapy (CBT) only
8. An ability that helps counselors facilitate client exploration and insight is
 - a) Providing unsolicited advice
 - b) Reflecting client's feelings and thoughts
 - c) Avoiding silence during sessions
 - d) Directing conversations towards predetermined outcomes
9. A way to relax when feeling stressed is
 - a) Avoiding any physical activity
 - b) Taking deep breaths or meditating
 - c) Drinking lots of caffeine
 - d) Ignoring stressors
10. The importance of confidentiality in counseling is
 - a) It allows counselors to gossip about clients
 - b) It helps build trust between clients and counselors
 - c) It prevents clients from sharing personal information
 - d) It restricts the flow of communication between counselors and clients

SECTION B (5 x 3 = 15 marks)

Answer all the FIVE questions in about 100 words each.

11. Elucidate the need for guidance and counselling.
12. Describe the concept of 'Decision making' in the context of self management.
13. In what ways family communication patterns influence an individual's relationship with others, such as with friends or colleagues?
14. Discuss the role of communication skills in maintaining a healthy counseling scenario for a counsellor.
15. List out the impact of stress in everyday life.

SECTION C (5 x 5 = 25 marks)

Answer any FIVE questions in about 200 words each.

16. Mahesh, a 16-year-old, is referred to counseling due to behavioral issues at school and conflicts with his parents. How would you approach his case using Family Therapy?
17. Evaluate the use of behavioural therapy in treating substance abuse.
18. What are the potential consequences of violating a client's confidentiality?
19. How will you counsel people with suicidal ideation?
20. Explain the characteristics of children with Autism Spectrum Disorder.
21. Describe the core principles of Play Therapy.
22. Analyse the steps involved in systematic problem-solving process.

SECTION D (2 x 10 = 20 marks)

Answer BOTH the questions in about 500 words each.

23. a) Define guidance and elucidate its fundamental characteristics. Discuss the diverse domains or areas encompassed within guidance.

(or)

b) Discuss the necessity of counseling in addressing personal challenges and growth.

24. a) Explore the multifaceted role of a counselor as an individual, encompassing his/her personal characteristics, responsibilities, and functions within the counseling context.

(or)

b) What are the different kinds of learning disabilities? Examine the unique challenges and considerations involved in providing counseling for children with learning disabilities.

