

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

**M.Ed Degree Fourth Semester Examination, June 2021**  
(For the candidates admitted for the academic year 2019-2021)

**Tool Course: APPROACHES AND PRACTICES OF COUNSELLING PSYCHOLOGY**  
**Course code: MED4TC04**

**Time: 3 Hours**

**Maximum Marks: 70**

**SECTION A (10x1 = 10 marks)**

**Answer ALL the questions by selecting the appropriate answers.**

1. Counsellor is the pivot in the whole counselling process in
  - a) Non-directive counseling
  - b) Descriptive counselling
  - c) Eclectic counseling
  - d) Directive counselling
2. Assistance that is provided to an individual to solve his/her social, mental, health, and ethical problems is
  - a) Vocational guidance
  - b) Personal guidance
  - c) Group guidance
  - d) Educational guidance
3. Williamson was the chief proponent of
  - a) Directive Counselling
  - b) Non- directive Counselling
  - c) Eclectic Counselling
  - d) Directive and Non-directive Counselling
4. Combination of directive and nondirective counselling is
  - a) Eclectic counselling
  - b) Group counselling
  - c) Descriptive counseling
  - d) Personal counselling
5. The therapy that uses relaxation, extreme concentration, and intense attention to achieve a heightened state of consciousness or mindfulness is
  - a) Gestalt therapy
  - b) Family therapy
  - c) Play therapy
  - d) Hypnotherapy
6. REBT is introduced by
  - a) Maslow
  - b) Laura Perls
  - c) Albert Ellis
  - d) Rogers
7. Social associations, connections, or affiliations between two or more people is termed as
  - a) Intra personal relationship
  - b) Inter personal relationship
  - c) Inter personal communication
  - d) Family relationship
8. A situation in which an individual has to choose between two undesirable alternatives is
  - a) Approach approach conflict
  - b) Approach avoidance conflict
  - c) Avoidance avoidance conflict
  - d) Conflict management
9. Type of stress which provides the outlet to express ones' talent and energies and helps to pursue happiness is
  - a) Distress
  - b) Eustress
  - c) Negative stress
  - d) Chronic stress
10. Gestalt therapy was developed by
  - a) Williamson
  - b) Fritz perls
  - c) Albert Ellis
  - d) Rogers

**SECTION B (5x3 = 15 marks)**

**Answer all the FIVE questions in about 100 words each.**

11. List the principles of guidance.
12. What is counselling psychology?
13. Write a short note on counselling to drug addicts and alcoholics.
14. List the three R's of Reality therapy.
15. What are the roles and responsibilities of guidance personnel?

**SECTION C (5x5 = 25 marks)**

**Answer any FIVE questions in about 200 words each.**

16. Differentiate directive counselling from non-directive counselling.
17. Describe the functions of educational guidance.
18. Discuss the key concepts of Rational Emotive Behavioural Theory.
19. Describe the therapy used to help children deal with emotional and mental health issues.
20. How does counselling help people with special needs?
21. Explain the benefits of family communication and the ways to improve communication in family.
22. What do you mean by conflict management? Explain the various conflict management strategies.

**SECTION D (2x10 = 20 marks)**

**Answer BOTH the questions in about 500 words each.**

23. a) Compare the behavioural and humanistic approaches to counselling psychology.  
Or  
b) Discuss how counselling can be used for addressing adolescent problems.
24. a) Explain different tools and techniques that are used in the process of counseling.  
Or  
b) Explain the Cognitive Behavioural Therapy of counselling.