MEDC42

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

**M.Ed. Degree Fourth Semester Examination, May 2023**

**(For the candidates admitted during the academic year 2021-2022)**

**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. Father of guidance is

a) Frank Parsons b) Sigmund Freud c) John Crites d) Carl Rogers

1. The promoter of non-directive counselling is

a) Robert Sternberg b) McMahon c) Carl Rogers d) Allport

1. Group counselling was introduced by

a) Williamson b) Joseph Hersey Pratt c) Robinson d) William James

1. The basic principle in counselling is

a) Autonomy b) Behavioral change c) Make decisions d) Stimulate thinking

1. The root of many addictions is

a) Emotional abuse b) Mental fitness

c) Calculative lifestyle d) Potential personality

1. The neurological disorder characterized by writing disabilities is

a)Dyslexia b) Dysgraphia c) ADHD d) Dyscalculia

1. The use of hypnotherapy is

a) Giving the proper rest b) Making more receptive

c) Gaining control over behaviours d) Processing goal

1. Counselling children in group is

a) Helpful for clients to deal with problem

b) Extension of an individual counselling

c) To provide confidentiality

d) To develop the relationship between counsellor and client

1. CBT stands for

a) Cerebral Behavioural Technique b) Cognitive Behavioural Therapy

c) Cognitive Behavioural Technique d) Cookies Behavioural Therapy

1. Interpersonal relationship is to

a) Improve communications among the members

b) Understand a social system

c) Resolve conflict between members

d) Expose ourselves

**SECTION B (5 x 3 = 15 marks)**

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

1. Define Guidance and describe its types.
2. Bring out the relevance of health and social guidance in education.
3. How decision making skills bring self development?
4. Enumerate the principles of counselling.
5. Analyse the role of interpersonal skill in better self-management.

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

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

1. Identify the techniques for improving family communications.
2. Interpret the role of a counsellor in a counselling scenario.
3. Explain the principles of Guidance.
4. Elaborate the counselling techniques when helping and working with emotions.
5. Explore the strategies of counselling in the context of abuse and addiction.
6. Elucidate the significance of skill of problem-solving as a self-management technique.
7. How the personal characteristics of a counsellor influence counselling?

**SECTION D (2 x 10 = 20 marks)**

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

## a) Describe communication as a counselling skill.

## (or)

## b) Explain any four counselling therapies.

## a) Explain Stress and Conflict Management for personal development.

## (or)

## b) Discuss the need of counselling to i) children with ADHD and Autism spectrum disorder ii) learning disabled children iii) prevent suicidal tendency