

[This question paper contains 2 printed pages.]

Sr. No. of Question Paper : 6320

Your Roll No.....

Unique Paper Code : 211501

Name of the Paper : Counselling Psychology

Name of the Course : **B.A. (Hons.) Applied Psychology, 2016**

Semester : V

Duration : 3 Hours

Maximum Marks : 75

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt all **Five** questions.
3. **All** questions carry equal marks.

1. Trace the history of counseling psychology to its current status. (15)

OR

Discuss the various definitions and goals of counseling. Differentiate between counselling and psychotherapy. (7.5+7.5)

2. Critically evaluate the humanistic approach to counselling. (15)

OR

Explain the Psychoanalytic approach to counselling and critically appraise it. (15)

3. Elaborate on the various behavior modification techniques. How effective are these techniques in solving various behavioural problems ? (15)

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OR

Explain the Cognitive Behavioristic approach used in counseling. Critically evaluate its effectiveness. (15)

4. Discuss the various approaches to Career Counselling. Describe a few milestones in career counselling. (10,5)

OR

What is the role of school counsellors ? Explain these especially in reference to elementary and middle school counsellors. (15)

5. Write short notes on any **TWO** of the following : (7.5+7.5)

- (i) Ethics in counselling
- (ii) Any two techniques used in behavior therapy
- (iii) Techniques used in Psychoanalysis
- (iv) Future trends in counselling