

Ph.D. PROGRAMME IN PSYCHOLOGY

Term-End Examination

December, 2018

00283

**RPCE-105 : APPROACHES AND TECHNIQUES IN
COUNSELLING PSYCHOLOGY**

Time : 2 hours

Maximum Marks : 50

Note : *All Sections are compulsory.*

SECTION A

*Answer any **one** of the following in about 600 words
each :*

1×20=20

1. Critically analyse Freudian and Rogerian approaches to psychotherapy. 20
2. Describe the stages of counselling with the help of a hypothetical case. 20

SECTION B

Answer any **four** of the following in about 300 words each :

4×6=24

3. Describe the characteristics of an effective counsellor. 6
4. Differentiate between individual and group counselling. 6
5. Discuss the importance of educational counselling for elementary school children. 6
6. Describe the core conditions in counselling with a suitable example. 6
7. Explain the techniques used in cognitive behavioural therapy. 6

SECTION C

*Write short notes on any **two** of the following in about 100 words each :*

2×3=6

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| 8. Miracle Question | 3 |
| 9. Empathy | 3 |
| 10. Fully Functioning Person | 3 |
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