

**BACHELOR'S DEGREE PROGRAMME (BDP)
(B.A. PSYCHOLOGY)**

Term-End Examination

June, 2017

**BPCE-017 : INTRODUCTION TO COUNSELLING
PSYCHOLOGY**

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in about
450 words each. 2x10=20

1. Discuss the various ideas that lead to the development of a system approach to Counselling and Psychotherapy. 10
2. Discuss the objectives and process of cognitive behavioural counselling. 10
3. Explain the use of various defense mechanisms with suitable examples. 10
4. Discuss the characteristic responses of students exposed to Domestic Violence and coping with Divoce/separation of parents. 10

SECTION - B

Answer **any four** of the following questions in about 250 words each. $4 \times 6 = 24$

5. What is guidance and counselling ? Describe Adlerian and Gestalt therapy. 2+4
6. Discuss Confidentiality as an important ethical principles in counselling. 6
7. Discuss the essential skill with regard to counselling young peoples through transitional, choice and guru questions. 6
8. What is couple counselling ? Explain emotionally focused couple counselling. 2+4
9. Describe assertiveness and social skills training. 3+3

SECTION - C

Write short notes on **any two** of the following questions in about 100 words each. $2 \times 3 = 6$

10. Evaluation of family counselling. 3
 11. Story telling as a Therapeutic activity. 3
 12. Career counselling. 3
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