

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

Term-End Examination

December, 2022

**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 :*

1. Define counselling. Discuss the goals and phases of counselling. 2+8
2. Discuss counselling of children in school and in clinical settings. Point out the unique aspects of counselling children. 7+3
3. Discuss the approaches to family counselling. 10
4. Explain the roles and functions of a school counsellor. Discuss the role of a counsellor in a traumatic situation. 3+7

SECTION B

*Answer any **four** of the following questions in about 250 words each :*

5. Explain the core dimensions of effective counselling as given by Rogers. 6
6. Explain the importance of verbal and non-verbal communication skills in counselling. 6
7. Compare psychoanalytical and psychodynamic therapies with humanistic therapies of counselling. 6
8. Discuss the various types of questions that are used in counselling. 6
9. Explain the goals and process of HIV counselling. 6

SECTION C

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

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| 10. Brief Therapies | 3 |
| 11. Direct and Indirect Approach to Counselling | 3 |
| 12. Centripetal and Centrifugal Period | 3 |
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