

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 5101

H

Unique Paper Code : 2112112401

Name of the Paper : Approaches and Practices of
Counselling

Name of the Course : B.A. (H) Applied Psychology

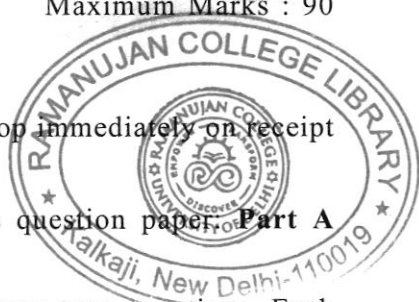
Semester : IV

Duration : 3 Hours

Maximum Marks : 90

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. There are **two** parts to this question paper, **Part A** and **Part B**.
3. **Part A** consists of long answer-type questions. Each question carries **20** marks and one needs to attempt any **three** out of **five** questions.
4. **Part B** consist of short answer-type questions. Each question carries **10** marks and **one** needs to attempt any **three** out of five questions.



PART A

1. Define counselling. Discuss the current trends and challenges of counselling profession in India.

(5+15)

P.T.O.

2. Critically evaluate Beck's CBT Model using research evidence and culturally relevant examples. (20)
3. Positive psychotherapy is a shift from the disease and deficit based model of counselling. Discuss. (20)
4. Describe the Rogerian approach to counselling with special reference to the therapeutic relationship between the client and the therapist. (20)
5. Critically discuss Bowen's approach to family therapy. (20)

PART B

6. Write a short note on any **three** of the following :
(10×3=30)
 - (a) Personal and Professional qualities of a counsellor
 - (b) REBT
 - (c) Ethics in Counselling
 - (d) Queer Affirmative Counselling
 - (e) Career Counselling