

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 6001

J

Unique Paper Code : 2112112401

Name of the Paper : Approaches and practice of
counselling (NEP-UGCF)

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. Attempt any **three long (20 marks)** questions and any **three (10 marks)** short notes.

1. Elaborate on the similarities and differences of Counselling and Psychotherapy. Highlight the status of counselling profession in India. (10,10)
2. What are the goals and techniques of cognitive behavior therapy? Highlight the differences between Ellis's and Beck's approach to counselling. (12,8)

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3. Explain the features and goals of Counselling Psychology. State the ethical considerations for a professional counsellor. (10,10)
4. Describe the basic characteristics of the behaviorist approach to counselling. Outline the strengths and the shortcomings. (20)
5. Explain school counselling. Discuss solution focused approach to school counselling. (10,10)
6. Short notes on any **three** : (10×3=30)
 - (a) Personal and professional skills of a counsellor.
 - (b) Positive psychotherapy.
 - (c) Super's model of career counselling.
 - (d) Person centered approach to counselling.
 - (e) Affirmative counselling technique used for LGBTQ.

