

2016-17
Sec

Exam.Code:1181
Sub. Code: 8465

1126
P.G. Diploma in Guidance and Counselling
First Semester
Paper - II: Introduction to Counselling

Time allowed: 3 Hours

Max. Marks: 75

NOTE Attempt five questions in all, including Question No. IX (Unit-V) which is compulsory and selecting one question each from Unit I-IV.

x-x-x

UNIT - I

- I. Explain the meaning and approaches of counselling. (3,12)
II. Discuss the non-testing techniques of counselling. (15)

UNIT - II

- III. Illustrate the therapeutic process of Rational Emotive Theory. (15)
IV. Discuss the theoretical beginnings, goals and significance of Patanjali's Yoga therapy. (3,5,7)

UNIT - III

- V. Explain the meaning of adjustment. What are the adjustment problems of adolescents? (5,10)
VI. Explain violence prevention programs and models. (15)

UNIT - IV

- VII. Explain the procedure of conducting counselling interview. (15)
VIII. Discuss in detail the constituent skills of 'building trust'. (15)

UNIT - V

- IX. Write short notes on the following:-
a) Importance of counselling
b) Legal considerations in counselling
c) Counselling implications of Freud's Psychoanalytical theory
d) Role of counsellor in developing good mental health
e) Counselling for child abuse (5x3)

x-x-x