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SARDAR PATEL UNIVERSITY

3rd SEMESTER END EXAM

Subject Code: PA03EMSW02

Subject: Theory and Practice of Counselling

Day- Monday

Date- 25/11/2013

Time- 2.30 to 5.30

Total Marks: 70

Q.1 Kindly tick the most appropriate answer

1. Basic principles embedded in counselling are:

- a) providing support to the client to share their feelings and opinions when they are struck
- b) capacity building of clients to deal with their problems step by step
- c) enabling clients to be in control of themselves for activating their personal, social and cultural resources to adjust optimally
- d) All of the above

2. Goals of counselling are

- a) reducing emotional distress and dysfunctional behaviour
- b) promoting better adaptation through appropriate decision making
- c) both of the above mentioned criteria
- d) none of the above

3. Scope of counselling with youths include

- a) working for promoting well-being and growth of the individual
- b) providing information for career development
- c) resolving pathological concerns
- d) all of these

4. The American Counselling Association (ACA) came into existence in

- a) 1992
- b) 1993
- c) 1994
- d) 1995

5. Characteristics of a good client are

- a) flexibility to consider alternate options
- b) self motivation
- c) psychological mindedness
- d) all of these

6. As a professional counsellor the qualities required are

- a) patience, sensitivity for others and genuineness
- b) self awareness and vigilance with respect to personal emotional integrity alongwith broad mindedness and acceptance of diverse values
- c) both of these
- d) none of these

7. Meditation helps to

- a) train the mind
- b) promote relaxation and direct awareness
- c) build internal energy
- d) all of these

8. The different kinds of interview involve

- a) fact finding and introductory
- b) informative
- c) therapeutic
- d) all of them

9. Rational emotive therapy was developed by

- a) Rollo May
- b) Albert Ellis
- c) Albert Einstein
- d) James Watsen

10. Classical psychoanalysis emphases:

- a) importance of sexuality and unconscious human mind

- b) treatment of hysteria, narcissism, phobias and sexual difficulties
- c) importance of developmental growth stage
- d) all of them

Q.2 Define and explain the concept of counselling

OR

Q.2 Differentiate between guidance- counselling- psychotherapy

Q.3 Enlist the characteristics of a good counsellor and enumerate any four with appropriate illustration

OR

Q.3 Discuss at length the major approaches to counselling

Q.4 Write an essay on 'Counselling as a Helping Process'

Or

Q.4 Justify the statement: 'Counselling process involves sequence of stages and events'

Q.5 Write short note on any two

- a) Meditation as a means to mental health enhancing
- b) psycho analytic therapy in counselling
- c) Defense mechanism
- d) History of counselling

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