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SEAT No. _____

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SARDAR PATEL UNIVERSITY

EXTERNAL EXAMINATION – OCTOBER/NOVEMBER, 2018

MSW – 3rd SEMESTER

PA03EMSW26: COUNSELING – THEORY & PRACTICE

TOTAL MARKS: 70

DATE: 03-11-2018

TIME: 10.00 AM – 01.00 PM

DAY: SATURDAY

1) MULTIPLE CHOICE QUESTIONS

[10 Marks]

1. _____ is advice which a therapist or other expert gives to someone about a particular problem.
a. Psychiatry b. Counselling c. Psychotherapy d. None
2. Psychiatry is a branch of medicine that deals with mental, emotional, or behavioural disorders.
a. True b. False c. Can't Say
3. _____ is a client-centred form of cognitive behavioural psychotherapy that focuses on improving present relationships and circumstances, while avoiding discussion of past events.
a. Reality Therapy b. Gestalt Therapy c. Client Centred Therapy d. None
4. Developing A Relationship is one of the step of Counselling Process.
a. True b. False c. Can't Say
5. _____ counselling is a form of therapy where people with similar experiences/issues come together with a professional therapist.
a. General b. Group c. Guidance d. None
6. _____ is a counselling approach that requires the client to take an active role in his or her treatment with the therapist being nondirective and supportive.
a. Reality Therapy b. Gestalt Therapy c. Client Centred Therapy d. None
7. The family therapy is to help family members improve communication, solve family problems, understand and handle special family situations (for example, death, serious physical or mental illness, or child and adolescent issues), and create a better functioning home environment.
a. True b. False c. Can't Say
8. The primary goal of any marital counselling is to increase your understanding of yourself, your partner, and the patterns of interactions that have become detrimental to the relationship.
a. True b. False c. Can't Say
9. Retirement has profound implications for changes in an individual's social and economic status, in his inter-personal relationships, and in his self-perception and morale.
a. True b. False c. Can't Say
10. The purpose of employment counselling is to help individuals (the Clients') come to terms with their feelings, to explore and clarify their options and to empower them to actually help themselves.
a. True b. False c. Can't Say

2] ANSWER IN DETAIL

[15 Marks]

Define Counselling. Discuss in detail the need and Development of Counselling.

OR

Write in detail the Stages and Skills in Counselling with examples.

3] ANSWER IN DETAIL

[15 Marks]

Describe in detail Counselling Intervention, General Counselling and Group Counselling.

OR

Explain in detail Psychoanalysis, Psychotherapy and Reality Therapy with Illustration.

4] ANSWER IN DETAIL

[15 Marks]

Discuss the detail the Counselling in Family and pre-marital and marital counselling.

OR

Explain in detail the case studies of counselling in sexual problems and stress management.

5] WRITE SHORT NOTES ON: (ANY TWO)

[15 Marks]

- a. Guidance Counseling and Psychotherapy
- b. Client Centered therapy and Gestalt Therapy
- c. Parent child Interventions in School
- d. Case Studies on Suicide and HIV-AIDS counseling

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