

Roll.No.

22PCPCT1001

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

M.Sc.Counselling Psychology - END SEMESTER EXAMINATIONS - NOVEMBER 2025
SEMESTER - I

22PCPCT1001 - Counselling Process, Skills and Techniques

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Explain the significance of ethics in counselling and guidelines for counsellors.
2. Differentiate between psycho-analytic and psychodynamic counselling.
3. How do questioning techniques vary in counseling across different stages?
4. Discuss the key strategies for working with ambivalent or indifferent clients.
5. Evaluate the effectiveness of brief counselling in dealing with immediate psychological issues.
6. Explain how goal setting and action plans are used to facilitate client progress during counselling.
7. Explain the counselling process to work with children.
8. What is client reluctance and how is it different from resistance in counselling?

Section C

I - Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Evaluate the role of counsellor in fostering effective counselling relationships.
10. Compare and contrast the key principles of Gestalt counselling with person-centered counselling.
11. Recommend strategies for counselors to manage emotions when encountering clients with varying levels of readiness to receive professional help.
12. Appraise the need for crisis intervention.

II - Compulsory question ($1 \times 10 = 10$ Marks)

13. Compare Patterson's model and Egan's model of counselling. How do they differ in their approach to the counselling process?
