

**BACHELOR'S DEGREE PROGRAMME (BDP)
(B.A. PSYCHOLOGY)**

Term-End Examination,

December 2019

**BPCE-017: INTRODUCTION TO COUNSELLING
PSYCHOLOGY**

Time : 2 Hours]

[Maximum Marks : 50

Note : All sections are Compulsory.

Section - A

Answer any two of the following questions in about
450 words each : 2×10=20

1. Describe the development and importance of self concept. Elucidate the conditions facilitating development of positive self concept. 5+5=10
2. Discuss the stages counselling process and elucidate ethical responsibilities and obligations. 5+5=10
3. Discuss the goals of couple counselling. Explain the intervention process and techniques in couple counselling. 3+7=10
4. Explain cognitive behavioral counselling and discuss it's techniques. 4+6=10

(2)

Section - B

Answer **any four** of the following questions in about 250 words each : 4×6=24

5. Explain the nature and definition of counselling and present the goals of counselling. 4+2
6. Describe in detail the conduct of counselling session. 6
7. Explain any three defense mechanisms with examples. 6
8. Explain Pre-test and Post-test counselling in HIV/AIDS. 6
9. Discuss the relevant counselling skills. 6

Section - C

Write short notes on **any two** of the following in about 100 words each : 2×3=6

10. Assertiveness training 3
11. Self disclosure 3
12. Family floor plan 3

