



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION – SOCIOLOGY

THIRD SEMESTER – APRIL 2014

SO 3807 - COUNSELLING

Date : 05/04/2014
Time : 01:00-04:00

Dept. No.

Max. : 100 Marks

PART A

Answer ALL questions in about 30 words each: (10 x 2 =20 marks)

1. Define counselling.
2. What are the myths prevalent in the society about counselling?
3. Mention the different approaches in counselling.
4. Differentiate REBT from CBT.
5. Write a short note on listening skill of a counsellor.
6. Define empathy. Mention its five dimensions.
7. State any one reason as to why a counsellor should establish rapport with his/her client.
8. What is meant by termination in counselling?
9. Define depression.
10. What is addiction? What are the three important models used in counselling the addicts?

PART B

Answer any FIVE questions in about 300 words each: (5 x 8=40 marks)

11. Enumerate the goals and characteristics of counselling.
12. What is psychoanalysis? Explain psychoanalytic counselling.
13. Differentiate skills from qualities. Explain the personal qualities of a counsellor.
14. Briefly describe the reflection and questioning skills in counselling.
15. Highlight the importance of exploring the problem and its causes in the process of counselling.
16. Define Grief. Examine the dynamics of grief.
17. Elucidate the psychological and behavioural warning signs of suicide.

PART C

Answer any TWO questions in about 1,200 words each: (2 x 20=40 Marks)

18. Describe the various types of counselling with examples.
19. Explain gestalt therapy as an insight oriented approach and its application in counselling with a case study.
20. Elaborate on the attending skill in counselling with the help of SOLER model.
21. What is relationship counselling? Discuss the problems in marriage. How would you counsel a couple if you were a counsellor?
