LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.A. DEGREE EXAMINATION – **SOCIOLOGY**

FOURTH SEMESTER – **APRIL 2023**

16/17/18PSO4MC02 – GUIDANCE AND COUNSELLING

Date: 02-05-2023 Dept. No. Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

PART – A **(10x 2 = 10 Marks)**

Q. No **Answer ALL questions in 50 words each**

1 What is counselling?
2 List three myths about counselling.
3 Write a short note on the relationship between the counsellor and the counselee.
4 List the defense mechanisms discussed by Freud.
5 What is the ABC's of REBT?
6 What is unconditional acceptance?
7 Write a short note on withdrawal.
8 What are some of the common techniques employed in CBT?
9 Write a short note on empathy.
10 What is an empty chair technique?

PART – B **(5 x 8 = 40 Marks)**

Answer any FIVE questions in 300 words each

11 What is education guidance? Discuss the benefits of the same.
12 Deliberate on the professional ethical code of conduct of the counsellor.
13 What are the principles that guide Cognitive Behavior Therapy?
14 Awareness in itself is healing – Evaluate the statement.
15 Discuss Gestalt therapy.
16 Discuss the goals and benefits of grief counseling.
17 Discuss the signs and symptoms of addiction.

PART – C **(2 x 20 = 40 Marks)**

Answer any TWO questions in 1200 words each

18 Critically evaluate Freud's five psychosexual stages of development and Fixation.
19 Explain in detail the philosophical foundation and therapeutical intervention in Humanistic Approach.
20 Describe in detail the counselling process.
21 Depression is a serious but common condition – Illuminate

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