 LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

**M.Sc.** DEGREE EXAMINATION - **MEDICAL SOCIOLOGY**

THIRD SEMESTER – APRIL 2011

# SO 3807 - COUNSELLING

Date : 12-04-2011 Dept. No. Max. : 100 Marks

Time : 9:00 - 12:00

**Part – A**

*Write a short note on the following questions in about 30 words each* (10 x 2 = 20 Marks)

1. Libido.
2. Positive reinforcement.
3. Mirror statements.
4. Repression.
5. Empathy.
6. Primary empathy.
7. Reluctant client.
8. Minimal leads.
9. Functional fixity.
10. Bobo doll experiment.

**Part – B**

*Answer any Five questions in about 300 words each* (5 x 8 = 40 Marks)

1. What do you consider as the pressing future issues for the profession of counselling? How do you think counsellors should address these concerns?
2. What are the purposes of using cognitive and behavioural techniques in cognitive therapy and counselling?
3. Given the values and goals of Rational Emotive Behaviour Therapy, what criteria would you use to distinguish rational from irrational thinking and behaviour?
4. What is stress? What are the effective ways to tackle stress?
5. What are the physical and psychological effects of stigmatization?
6. How does ‘eating problem’ manifest psychologically?
7. What is depression? How would you counsel a person suffering from depression?

**Part – C**

*Answer any Two questions in about 1200 words each* (2 x 20 = 40 Marks)

1. Critically evaluate the attitudes and skills of an effective counsellor.
2. Examine in detail the process of counselling.
3. Distinguish between counselling, guidance and psychotherapy. How do you think the public perceive the similarities and differences in these three ways of helping?
4. Examine feminist approach to counselling. How do they differ or not differ from other approaches? How are they the same?

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