 LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

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

THIRD SEMESTER – **APRIL 2012**

# SO 3807 - COUNSELLING

Date : 24-04-2012 Dept. No. Max. : 100 Marks

Time : 1:00 - 4:00

**PART A**

**Write short note on the following in about 30 words each: (10 x 2=20 marks)**

1. Psychotherapy.
2. Eclectic Counselling.
3. Psychoanalysis.
4. Humanistic therapy.
5. Empty chair technique.
6. Confidentiality.
7. Counselor Competence.
8. Self disclosure skill of a counselor.
9. Bereavement counselling.
10. Depression.

**PART B**

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

1. Define counseling. Explain the common myths in counseling with facts.
2. Explain REBT and discuss how it is different from CBT.
3. Briefly explain Gestalt therapy with an example.
4. Highlight the important skills of a counselor in different stages of counseling.
5. Explain the importance of the use of questions in counseling.
6. Explain the four phases of grief and the steps involved in counseling the bereaved.
7. If you were a counselor how, would you counsel a HIV/AIDS patient?

**PART C**

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

1. What are the various types of counseling? Explain with examples.
2. Explain the process of counseling from establishing rapport till termination.
3. With the help of a case study, explain how CBT can be used as an approach.
4. What is addiction counseling? Explain any one model of counseling the chemically dependent.

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