

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034**



**M.A. DEGREE EXAMINATION – SOCIAL WORK  
THIRD SEMESTER – NOVEMBER 2019  
18PSW3MC01 – COUNSELLING**

Date: 29-10-2019  
Time: 09:00-12:00

Dept. No.

Max. : 100 Marks

**SECTION –A**

**Answer ALL the questions. Answer to each question should not exceed 50 words (10 x 2 = 20)**

1. Define 'Counselling'
2. List the goals of counselling.
3. Suggest any four ways to handle stress.
4. What is 'Congruence'?
5. What is the contribution of Gestalt theory in counseling?
6. What is the goal of CBT?
7. Mention any four skills required for a counselor.
8. What are the components of counseling relationship?
9. What is meant by marital counselling?
10. List out any four problems faced by school children for which counselling may be provided.

**SECTION- B**

**Answer any FOUR questions. Answer to each question should not exceed 300 words (4 x 10 = 40 )**

11. Trace out the historical development of counseling.
12. Elucidate the personal qualities and attributes of a professional counselor.
13. Write a short note on rational emotive therapy.
14. Briefly explain Egan's Model.
15. Highlight the importance of family counseling.

**SECTION –C**

**Answer any TWO questions. Answer to each question should not exceed 600 words (2 x 20 = 40)**

16. Explain the principles and ethical standards of counseling.
17. Discuss the following a) Behaviour Theory b) Humanistic theory
18. Highlight the roles, responsibilities and challenges of Social worker a counselor in Health Setting.

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