



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION - MEDICAL SOCIOLOGY

THIRD SEMESTER – NOVEMBER 2011

SO 3807 - COUNSELLING

Date : 02-11-2011
Time : 9:00 - 12:00

Dept. No.

Max. : 100 Marks

PART A

Answer ALL questions in about 30 words each:

(10 × 2=20 marks)

1. Define counselling.
2. What is psychotherapy?
3. Mention any two approaches to counselling.
4. What are REBT and CBT?
5. Differentiate directive counselling from non-directive counselling.
6. Define confidentiality in counselling.
7. Mention any four qualities of a counsellor.
8. Write a short note on the self disclosure skill of a counsellor.
9. What is meant by 'relationship establishment' in counselling?
10. Define depression.

PART B

Answer any FIVE questions in about 300 words each:

(5 × 8=40 marks)

11. What are the common myths in counselling? Explain with facts.
12. Describe the goals in counselling.
13. Briefly explain Gestalt therapy with an example.
14. What is addiction counselling? Explain any one model of counselling the chemically dependent.
15. Differentiate verbal and non verbal skills of counselling. Dwell on the verbal skill of a counsellor.
16. What are the different types of questions used in counselling? Explain.
17. Identify the crises in a marriage relationship and dwell on the skills and the process of marital counselling.

PART C

Answer any TWO questions in about 1,200 words each:

(2 × 20=40 Marks)

18. What are the various types of counselling? Explain with examples.
19. Write a brief case study and explain how CBT can be used as an approach.
20. Enumerate the important stages in the process of counselling.
21. What is bereavement? Explain the four phases of grief and the steps involved in counselling the bereaved.
