



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

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

**THIRD SEMESTER – NOVEMBER 2014**

**SO 3807 - COUNSELLING**

Date : 01/11/2014  
Time : 09:00-12:00

Dept. No.

Max. : 100 Marks

**SECTION-A**

**Answer the following in 30 words each:**

**(10x2=20)**

1. Define counseling.
2. Write a short note on RET.
3. Which is the most common myth about counseling ?
4. Existentialists do not believe in psychological dysfunction or illness. Why?
5. List any four basic skills of a counselor.
6. Define empathy.
7. What are the steps involved in exploring a problem of the client?
8. Do you think “follow-up” for a client is necessary? Why?
9. What is bereavement?
10. Mention the three important areas of marriage counseling.

**SECTION-B**

**Answer any Five of the following in about 300 words each:**

**(5x8=40)**

11. How will a counsellor help the adolescent client to overcome their struggle for identity?
12. Mention the crises that arise from marriage relationship and provide sufficient guidance to overcome the crises.
13. Enumerate the factors influencing the counseling process.
14. Describe the characteristics of counseling.
15. Persuasion is a necessary skill a counselor ought to have .Explain.
16. Explain cognitive behavior therapy and how it is different from RET.
17. How does a counselor rehabilitate the chemically dependent?

**SECTION – C**

**Answer any TWO of the following in 1200 words**

**( 2x20=40)**

18. Imagine that you are about to conduct a counseling session in an environment of your own .How would you furnish the setting and how will you proceed with the counseling process with an ideal client.
19. Explain Gestalt Therapy with the help of a case study.
20. Empathy is considered as an unconditional positive regard for the client. Explain.
21. Discuss in detail, how Ethics, Morality and Law helps the counselor to maintain the level of professional competence.

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