



'समानो मन्त्रः समितिः समानी'

UNIVERSITY OF NORTH BENGAL

B.A. Honours 4th Semester Examination, 2023

CC10-PSYCHOLOGY

COUNSELLING PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable and adhere to the word limit.*

GROUP-A

Answer any two from the following

10×2 = 20

1. Discuss the person-centered therapy method of Carl Rogers. 10
2. Explain existential theory in counselling psychology. 10
3. Elucidate the importance of crisis intervention with an example. 10
4. Give an account of techniques in psychodynamics. 10

GROUP-B

Answer any three of the following

5×3 = 15

5. What is establishing relationship in counselling? 5
6. Give an account on the human nature and goals of humanistic approach in counselling. 5
7. Explain with example any one behavior therapy. 5
8. What is systemic family therapy? 5
9. Explain the stages in systematic desensitization. 5

GROUP-C

Define any five from the following

1×5 = 5

10. Token Economy
11. Positive reinforcement
12. REBT
13. Alliances in family
14. Transference
15. Paradox in counselling technique
16. Superego
17. Family rituals.

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