

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.

Answer any two from the following 10×2 = 20 1. Discuss the person-centered therapy method of Carl Rogers. 2. Explain existential theory in counselling psychology. 3. Elucidate the importance of crisis intervention with an example. 4. Give an account of techniques in psychodynamics. 10 CROUP-B Answer any three of the following 5×3 = 15 5. What is establishing relationship in counselling? 6. Give an account on the human nature and goals of humanistic approach in counselling. 7. Explain with example any one behavior therapy. 8. What is systemic family therapy? 9. Explain the stages in systematic desensitization. 5 CROUP-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		GROUP-A	
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14. Transference15. Paradox in counselling technique	12.	REBT	
15. Paradox in counselling technique	13.	Alliances in family	
	14.	Transference	
16 Superage	15.	Paradox in counselling technique	
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17. Family rituals.	17.	Family rituals.	

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