



'সমানো মন্ত্র: সমিতি: সমানী'

**UNIVERSITY OF NORTH BENGAL**

B.A. Honours 3rd Semester Examination, 2022

**SEC1-P1-PHILOSOPHY**

**BASICS OF COUNSELLING**

Time Allotted: 2 Hours

Full Marks: 60

*The figures in the margin indicate full marks.*

**SECTION-I**

1. Answer any **four** of the following: 3×4 = 12
- (a) Who is Counsellor/Psychotherapist? 3
  - (b) Mention any three qualities of a counsellor. 3
  - (c) What do you mean by paraphrasing? 3
  - (d) What is meant by 'empathy' of a counsellor? 3
  - (e) What do you mean by 'Congruence'? 3
  - (f) Why trust is important in counselling? 3

**SECTION-II**

2. Answer any **four** of the following: 6×4 = 24
- (a) Write a note on 'Mental health'. 6
  - (b) Why 'trustworthiness' is regarded as an essential quality of a counsellor? 6
  - (c) Discuss any two responses of counsellor to the client. 6
  - (d) What do you mean by unconditional acceptance? Discuss. 6
  - (e) Write a brief note on assertive communication. 6
  - (f) Distinguish between listening and hearing. 6

**SECTION-III**

**Answer any two of the following**

12×2 = 24

- 3. What are the area and scope of counselling? Discuss in full. 12
- 4. Discuss the need of counselling in details following Nelson and Jones. 12
- 5. Discuss with a case study the empathic attitude of a counsellor. 12
- 6. What do you mean by communication in counselling? Discuss the different types of communication. 4+8

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