



UNIVERSITY OF NORTH BENGAL
B.A. Honours 4th Semester Examination, 2022

CC10-PSYCHOLOGY
COUNSELLING PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.*

GROUP-A

Answer any two of the following

10×2 = 20

1. Discuss in depth the cognitive approach to counselling. 10
2. Elaborate the psychoanalytical approach to counselling. 10
3. Highlight the applications of counselling. 10
4. Explain the counselling process in detail. 10

GROUP-B

Answer any three of the following

5×3 = 15

5. Write a note on ethics of counselling. 5
6. Briefly explain the client-centered approach to counselling. 5
7. What are some effective ways to deal with burnout? 5
8. Write a note on the nature and goals of counselling. 5
9. Discuss the personality characteristics of an effective counsellor. 5

GROUP-C

Answer any five of the following

1×5 = 5

Define:

10. Transference 1
11. Career counselling 1
12. Burnout 1
13. Talk therapy 1
14. Free association 1
15. Crisis intervention 1
16. REBT 1
17. Family therapy. 1

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