



'समानो मन्त्रः समितिः समानी'

**UNIVERSITY OF NORTH BENGAL**

B.A. Honours Part-III Examination, 2022

**PSYCHOLOGY**

**PAPER-VII**

**COUNSELLING PSYCHOLOGY**

Time Allotted: 4 Hours

Full Marks: 100

*The figures in the margin indicate full marks.  
Candidates are required to give their answers in their own words as far as practicable.*

**GROUP-A**

**Answer the following questions**

16×4 = 64

1. Explore the purpose and goals of counselling with special reference to India. 16
- OR**
2. Explain in detail the counselling process. 16
3. Discuss the psycho-dynamic approach to counselling. 16
- OR**
4. Elucidate the contribution of Yoga on counselling. 16
5. What is career counselling? Explain its purpose and application. 4+12
- OR**
6. Discuss the role of a counsellor in counselling process. How does the values and beliefs of a counsellor influence the counselling relationship? 8+8
7. Explain the importance of family counselling in the Indian context. 16
- OR**
8. Give a detailed description of the modern theories of counselling. 16

**GROUP-B**

9. Answer any *two* the following: 10×2 = 20
  - (a) Enumerate the characteristics and goals of counselling. 5+5
  - (b) Discuss the various behaviour modification techniques. 10

- (c) Highlight the educational and training requirements of a counsellor. 10
- (d) Elaborate on the tenets of existential therapy. 10

**GROUP-C**

10. Answer the following questions: 2×8 = 16

- (a) What is counselling?
- (b) Differentiate between counselling and guidance.
- (c) What does eclectic approach of counselling refer to?
- (d) Define school counselling.
- (e) What is the purpose of Alcoholic Anonymous (AA)?
- (f) Write the full form of REBT.
- (g) What does transference mean?
- (h) State the meaning of unconditional positive regard.

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