

**2 0 2 5**

**( FYUGP )**

**( 6th Semester )**

**PSYCHOLOGY**

**( MAJOR )**

**Paper : C-PSY-14**

**( Counselling Psychology )**

Full Marks : 75

Pass Marks : 40%

Time : 3 hours

*The figures in the margin indicate full marks  
for the questions*

1. (a) What is the difference between guidance and professional counselling? Explain some of the principles of counselling ethics and its importance in the sessions. 7+8=15

*Or*

- (b) Trace the emergence and historical development of counselling psychology. Discuss the emerging trends of counselling. 8+7=15



2. (a) Elucidate on the stages of counselling. What are the aims of exploration stage and what skills are required for an ideal counsellor? 9+6=15

Or

- (b) Explain the role of transference and countertransference in the therapy process. 15

3. (a) What is meant by humanistic approach in counselling? Examine the application of the person-centered approach to crisis intervention. 8+7=15

Or

- (b) What are the main features of cognitive techniques used in counselling? 15

4. (a) Describe how family systems therapy is different from individual therapy. 15

Or

- (b) Differentiate the key concepts of crisis intervention counselling and how it is different from other counselling. 15



5. (a) Explain the use of expressive art in counselling. 15

Or

- (b) What are some of the Indian approaches of counselling? How do contemporary counselling trends differ to the traditional talk therapy? 7+8=15

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