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(FYUGP)

(6th Semester)

PSYCHOLOGY

(MAJOR)

Paper : C-PSY-14T

(Counselling Psychology)

Full Marks : 75

Pass Marks : 40%

Time : 3 hours

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

1. (a) Define counselling. Discuss the short-term and long-term goals of counselling. How do these goals help individual achieve personal growth and adjustment? 2+8+5=15

Or

- (b) Elucidate on the major professional issues faced by counsellors in practice. Discuss the role of training in counsellor education. 7½+7½=15

2. (a) Discuss the importance of each stage in the counselling process with suitable examples. 15

Or

- (b) Define assessment in counselling. Discuss its purpose and importance.
3. (a) Critically evaluate the strength and limitations of psychoanalytic techniques in counselling. 15

Or

- (b) Explain the principles of behavioural counselling. Describe the major behavioural techniques used in counselling.
4. (a) Discuss the stages involved in the career counselling process. 15

Or

- (b) Discuss the nature and goals of child counselling. Highlight the role of parents and teachers in counselling process. $7\frac{1}{2}+7\frac{1}{2}=15$
5. (a) Explain the advantages and limitations of online counselling and tele-mental health services. 15

Or

- (b) Critically examine the integration of Yoga and meditation into modern counselling practise.

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