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Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

BRAINWARE UNIVERSITY

Term End Examination 2024-2025

Programme – M.Sc.(APSY)-2023

Course Name – Counselling Psychology

Course Code - APSY301

(Semester III)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Identify, who is often considered the "father" of counselling psychology?
 - a) Sigmund Freud
 - b) Carl Rogers
 - c) BF Skinner
 - d) Abraham Maslow
- (ii) Select, which historical event had a significant influence on the development of counseling psychology?
 - a) The Kargil War
 - b) The Great Depression
 - c) The Industrial Revolution
 - d) The Renaissance
- (iii) Select the core ethical principle in counseling that emphasizes the counselor's commitment to the client's well-being.
 - a) Autonomy
 - b) Beneficence
 - c) Non-maleficence
 - d) Justice
- (iv) Identify the principle that requires counselors to do no harm and to minimize potential harm to clients.
 - a) Autonomy
 - b) Beneficence
 - c) Non-maleficence
 - d) Justice
- (v) Select the ethical principle that emphasizes the importance of keeping promises and commitments to clients.
 - a) Fidelity
 - b) Veracity
 - c) Autonomy
 - d) Beneficence
- (vi) Select the concept that describes the emotional reaction of therapist towards the patient in psychoanalysis.
 - a) Repression
 - b) Resistance
 - c) Transference
 - d) Countertransference
- (vii) Select the fundamental principle of client-centered therapy.
 - a) Unconscious conflicts, empathy, congruence
 - b) Behaviour modification, unconditional positive regard, empathy

- c) Empathy, congruence, unconditional positive regard d) Classical conditioning, empathy, congruence
- (viii) Select the primary goal of REBT.
a) Uncover unconscious conflicts b) Promote behavior modification
c) Challenge and change irrational beliefs d) Enhance empathy and congruence
- (ix) Select the term that describes the process of disputing irrational beliefs in REBT.
a) Rationalization b) Reframing
c) Cognitive restructuring d) Projection
- (x) Select the step in the ABCDE model of REBT that represents the effect of disputing irrational beliefs.
a) A - Activating event b) C - Consequences
c) D - Disputing irrational beliefs d) E - New emotional consequences
- (xi) Select the most important quality an educational counsellor should have when working with students.
a) Authoritative approach b) Empathy and understanding
c) Strict discipline d) High intelligence
- (xii) Select the primary goal of marital counseling.
a) Financial management b) Conflict resolution
c) Improving physical health d) Parenting skills
- (xiii) Select the primary goal of gerontological counseling.
a) To increase physical fitness b) To manage financial resources
c) To improve the quality of life in older adults d) To promote social gatherings
- (xiv) Select the psychological challenge frequently experienced by the elderly.
a) Career burnout b) Social isolation
c) Exam stress d) Relationship conflicts
- (xv) Select the lifestyle change often recommended in stress management counseling.
a) Smoking b) Regular physical exercise
c) Skipping meals d) Overworking

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Describe rapport building and confidentiality in counselling process. (3)
3. Explain the concept of closed questions and open questions in counselling. (3)
4. Explain the concept of good goals in counselling setting. (3)
5. Devise examples of things clients can record in journals. (3)
6. Explain how good question benefits the counselling sessions. (3)

OR

Explain the concept of clear and specific goals in counselling setting. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Describe dream analysis by the help of one example. (5)
8. Describe REBT in detail. (5)
9. Explain career counselling and list the specific skills required for career counselling. (5)
10. Explain ways to de-stress yourself. (5)
11. Explain the primary focus of existential counseling. (5)
12. How does marital counseling address communication issues between partners, and explain the psychological techniques that are commonly used to enhance communication skills in couples? (5)

OR

What are some common psychological challenges faced by elderly individuals, and explain (5)
how can gerontological counseling address these challenges effectively?

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