



BRAINWARE UNIVERSITY

Term End Examination 2023-2024
Programme – M.Sc.(APSY)-2022
Course Name – Counseling Psychology
Course Code - APSY302
(Semester III)

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Brainware University
Barasat, Kolkata - 700125

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SERIALS ACQUISITION
96, GOWER STREET
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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 the technique that encourages the development of new, adaptive behaviors through gradual reinforcement.
- a) Generalization
b) Aversion therapy
c) Shaping
d) Flooding
- (ii) Select the term for the process of extending learned behaviors to similar situations.
- a) Task analysis
b) Counterconditioning
c) Generalization
d) Classical conditioning
- (iii) Identify the behavioral technique that involves using systematic exposure to reduce the fear response.
- a) Token economy
b) Modeling
c) Shaping
d) Systematic desensitization
- (iv) Select the behavioral technique that uses tokens or points as a form of positive reinforcement.
- a) Cognitive restructuring
b) Aversion therapy
c) Modeling
d) Token economy
- (v) Identify the behavioral principle that involves reinforcing successive approximations to a desired behavior.
- a) Counterconditioning
b) Shaping
c) Extinction
d) Classical conditioning
- (vi) Select the technique that encourages clients to confront their fears directly and repeatedly.
- a) Cognitive restructuring
b) Modeling
c) Aversion therapy
d) Flooding
- (vii) Identify, who is often considered the "father" of counselling psychology?
- a) Sigmund Freud
b) Carl Rogers
c) BF Skinner
d) Abraham Maslow

- (viii) Identify, which influential psychologist focused on the role of learning and conditioning in human behavior, contributing to the field of counseling psychology?
- a) Carl Jung
b) BF Skinner
c) Carl Rogers
d) Viktor Frankl
- (ix) Select the skill that involves paying close attention to the client's verbal and non-verbal cues.
- a) Summarizing
b) Empathic listening
c) Clarification
d) Reflection
- (x) Select the skill that involves repeating the client's words back to them.
- a) Summarizing
b) Empathic listening
c) Paraphrasing
d) Self-disclosure
- (xi) Select the skill that can help clients gain insight into their own thought patterns and behaviors.
- a) Paraphrasing
b) Reflection
c) Self-disclosure
d) Empathic listening
- (xii) Identify the term for the use of positive consequences to strengthen a desired behavior.
- a) Extinction
b) Punishment
c) Positive reinforcement
d) Counterconditioning
- (xiii) Select the skill that involves making observations about the client's non-verbal behavior.
- a) Paraphrasing
b) Non-verbal communication
c) Reflection
d) Empathic listening
- (xiv) Identify the behavioral principle that involves systematically pairing a neutral stimulus with an unconditioned response to create a conditioned response.
- a) Shaping
b) Generalization
c) Extinction
d) Classical conditioning
- (xv) Select the skill that involves providing a brief overview of the client's key points during the session.
- a) Reflection
b) Clarification
c) Summarizing
d) Paraphrasing

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Describe rapport building and confidentiality in counselling process. (3)
3. Write examples of leading questions and non-leading questions in the context of counselling. (3)
4. Explain the win-win conflict solving. (3)
5. Describe phase 1 and phase 2 of therapeutic intervention for a trauma laden situation in school. (3)
6. Write how to prepare for the future during the termination phase? (3)

OR

Express what is follow up in the context of counselling? (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Explain different ways to gather information in counselling sessions. (5)
8. Explain the concept of realistic goals in counselling settings. (5)
9. Explain how to move towards goal in the context of counselling? (5)
10. Describe the concept of modeling technique with example. (5)
11. Describe REBT in detail. (5)

12. Explain how to set goal in counselling?

(5)

OR

Explain the different communication skills which can be developed in psychological counselling.

(5)

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