



21/12/23

**DOON UNIVERSITY, DEHRADUN**  
**Mid-Semester Examination, Even Semester, 2023**  
**Academic Year 2022-23 (Odd/Even Semester)**  
**School of Social Sciences/ Department of Psychology**  
**B. A. Sem-III**  
**PYE-301**  
**Counselling Psychology**

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**Date: 21.12.23**

**Time Allowed 2.00 Hours**

**Maximum Marks: 50**

**SECTION: A**

**(Very Short Answer Type Questions)**

(Answer all questions) [1x10=10]

**Q.1-** Who was the developer of crisis counselling?

- (a) Erich Lindemann
- (b) Mac cauff
- (c) Joseph new
- (d) Frey

**Q.2-** Socratic questioning is a key technique of [1]

- (a) Behaviour therapy
- (b) Cognitive therapy
- (c) Humanistic therapy
- (d) Gestalt therapy

**Q.3-** A counselling goal should be [1]

- (a) measurable
- (b) easy
- (b) little difficult
- (d) high

**Q.4-** In existential counselling the role of counsellor is as a [1]

- (a) Promoter
- (b) Facilitator
- (c) mentor
- (d) Advisor

**Q.5-** Non helpful counselling behaviour includes [1]

- (a) leading
- (b) confrontation
- (c) Advising
- (d) guiding

**Q.6-** The number of types of counselling is [1]

- (a) 2
- (b) 1
- (c) 3
- (d) 5

**Q.7-**Self disclosure includes [1]

- (a) war stories
- (b) sharing knowledge with the group
- (c) suppressing negative feelings
- (d) confrontation

**Q.8-**Define empathy. [1]

**Q.9-**Write two goals of counselling. [1]

**Q.10-**Define paraphrasing. [1]

### **SECTION: B**

#### **(Short Answer Type Questions)**

(Answer any four questions) [4x5=20]

**Q.11-**What are the common errors in counselling. [5]

**Q.12-** What is the role of counsellor in secondary school level. [5]

**Q. 13-** Explain discrepancies in counselling? [5]

**Q. 14-** Discuss the importance of closing in counselling. [5]

**Q.15-** Why couple and marriage counselling emerged and developed. [5]

### **SECTION: C**

#### **(Long Answer Type Questions)**

(Answer any two questions) [2X10=20]

**Q. 16-** What are the principles of crisis intervention? Discuss the stages of crisis intervention and any model of crisis intervention. [10]

**Q. 17-** Discuss the importance of cognitive behaviour therapies by explaining the techniques of cognitive behaviour therapies. [10]

**Q.18-** Discuss Child abuse and its types. how you will assess the child sexual abuse and also discuss the preventive strategies. [10]