



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.A. DEGREE EXAMINATION – SOCIAL WORK

THIRD SEMESTER – NOVEMBER 2023

PSW3ID01 – COUNSELLING

Date: 09-11-2023

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

SECTION A – K1 (CO1)

Answer ALL the questions (5 x 1 = 5)

1 Answer the following.

- State any four Goals of Counselling.
- Who is a little professor?
- Define Counselling.
- What is existential crisis?
- What do you mean by Electra complex?

SECTION A – K2 (CO1)

Answer ALL the questions (5 x 1 = 5)

2 Answer the following

- Expand SOLER
- Define Mindfulness.
- Mention any two ingredients for Counseling Relationship
- What do you mean by Positive Psychology?
- What is meant by Narrative Therapy?

SECTION B – K3 (CO2)

Answer any THREE of the following in 100 words each. (3 x 10 = 30)

- Elucidate the personal qualities and attributes of professional counsellor.
- Highlight the significance of family Therapy in counselling.
- Why worth & dignity of an individual is important in Counselling?
- Bring out the Skills required for the Counselor with suitable examples.
- Illustrate the Expressive Arts Therapy and its uses in Counseling.

SECTION C – K4 (CO3)

Answer any TWO of the following in 200 words each. (2 x 12.5 = 25)

- Highlight the roles, responsibilities and challenges of a Social worker as a counsellor in the Educational Setting.
- Discuss the Principles of Counselling and its contemporary relevance.
- Analyse the Gerard Egan's 'Skilled Helper Model'.
- Examine the need of Counseling for suicide prevention in the current scenario.

SECTION D – K5 (CO4)

Answer any ONE of the following in 500 words (1 x 15 = 15)

- Summarize the core concepts of Transactional Analysis (TA) and illustrate with examples its application to improve interpersonal relationships.

13	Summarize the Solution Focused Brief Therapy with suitable examples.
SECTION E – K6 (CO5)	
	Answer any ONE of the following in 1000 words (1 x 20 = 20)
14	You have a client who is struggling with feelings of self-doubt and a lack of confidence in their abilities. They often feel overwhelmed and anxious about their future. Develop counselling interventions to improve their self-esteem and confidence and also mention techniques to overcome anxiety.
15	Compile the Counseling in Disaster Situations and Grief with relevant examples.

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