

INSTITUTE FOR BEHAVIORAL AND MANAGEMENT SCIENCES

I M.S./PGDPC Examination – May, 2010

Paper IV – Techniques and Methods of Counselling

Time: 3 hrs

Max.Marks: 100

Answer any FIVE questions
All questions carry equal marks

1. Define Counselling. Critically examine the non-directive counselling.
2. Explain briefly the Egan's Model of Counselling with examples.
3. Differentiate between Individual and group counselling. What are the goals and objectives of group counselling?
4. State briefly the main elements of interpersonal communication.
5. Explain how 'genuineness' can be a therapeutic tool in the process of Counselling.
6. How do you counsel a teenager whose academic performance is poor? Give a case study.
7. State the importance of relationship in counselling?
8. What are the different types of crisis? Explain in detail some of the constructive ways of dealing with crisis.
9. What is the need for premarital counselling and explain its scope in the modern society?
10. Write short notes on any THREE
 - a) Merits and demerits of directive counselling
 - b) Barriers to effective communication
 - c) Evaluation in Counselling
 - d) Referral Counselling