

2123
P.G. Diploma in Guidance and Counselling
First Semester
PGDGC-02: Introduction to Counselling

Time allowed: 3 Hours

Max. Marks: 75

NOTE: Attempt five questions in all, including Question No. IX (Unit - V) which is compulsory and selecting one question each from Unit I - IV.

x-x-x

UNIT - I

- I. Explain the meaning of Counselling. Give a comparative account of Individual and Group counselling. (3,12)
- II. List the qualities of an effective counselor. Explain the techniques that a counselor must adopt to prevent burnout. (2x7½)

UNIT - II

- III. Describe the theoretical beginnings, goals and therapeutic process of self-actualization theory given by Maslow. (4,4,7)
- IV. Give a critical analysis of psychoanalytical theory as proposed by Freud. (15)

UNIT - III

- V. Explain the meaning and process of adjustment. List the causes of maladjustment among adolescents. (3,6,6)
- VI. Define stress. Discuss the techniques of (a) stress management; and (b) conflict resolution. (3,6,6)

UNIT - IV

- VII. Discuss in detail the procedure of conducting counselling interview. (15)
- VIII. Elaborate how counselling can help to address issues of (a) drug addiction; (b) child abuse; and (c) cyber bullying. (5,5,5)

UNIT - V

- IX. Write short notes on following (any three):
 - (a) Merits of Eclectic counselling
 - (b) Counselling implications of Indian therapeutic approach
 - (c) Criteria of good mental health
 - (d) Importance of empathy in counselling (3x5)

x-x-x