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**DHANALAKSHMI SRINIVASAN COLLEGE
OF ARTS & SCIENCE FOR WOMEN
(AUTONOMOUS)**



(For Candidates admitted from 2018-2019 onwards)

UG DEGREE EXAMINATIONS APRIL – 2021

B.SC – PSYCHOLOGY

COUNSELLING PSYCHOLOGY - II

Time: 3 Hrs

Max.Marks: 75

PART – A

CHOOSE THE CORRECT ANSWER.

(10*1=10)

1. The founder of rational emotive behavior therapy is
 - a) Albert bandura
 - b) Albert Ellis
 - c) Joseph wolpe
 - d) Aaronbeck
2. How many irrational beliefs are challenged by REBT_____
 - a) 10
 - b) 12
 - c)11
 - d) 13
3. The collective _____ grows out of the past experience of the human race
 - a) pre conscious
 - b) unconscious
 - c) sub conscious
 - d) conscious
4. Freud considered _____ to be expression of forbidden sexual or aggressive urges
 - a) dreams
 - b) defensive
 - c) childhood
 - d) conscious
5. Which ONE of the following statements BEST describes the techniques associated withexistential counseling and psychotherapy?
 - a) Existentialism offers the same set of techniques as most other theories
 - b) Existentialism offersthe same set of techniques as humanism
 - c) Existentialism offers no set of techniques
 - d) Existentialism offers techniques; but which of these techniques are used, is up to the individual practitioner
6. The theorist who developed person-centeredcounseling and psychotherapy is which ONE of the following people
 - a) carl rogers
 - b) Rollo may
 - c) Albert Bandura
 - d) Alfred Adler
7. Which ONE of the following individuals is credited with developing reality therapy?
 - a) Robert Wubbolding
 - b) Alfred Adler
 - c) William Glasser
 - d) Albert Ellis
8. WDEP, as defined by Robert Wubbolding, stands for which ONE of the following?
 - a) Willful, Depressed, Extroverted, and Procrastinating
 - b) Wrong choices, Depressed, Evaluation of behaviors, and Plans

- c) Wants, Doing, Evaluation, and Plans
 d) Wants, Discussion, Evaluation, and Plans
9. Enns proposed six goals for feminist counseling. Which ONE of the following is NOT a goal for feminist counseling?
 a) Equality b) empowerment c) sexual freedom d) value diversity
10. The process of resocialization in feminist counseling allows for which ONE of the following?
 a) Resocialization allows clients to value themselves and realize that their experiences are important
 b) Resocialization allows women to conform to more traditional gender roles.
 c) Resocialization allows women to shed more traditional gender roles.
 d) Resocialization allows men to understand the condition of women in today's society.

PART – B

ANSWER ALL THE QUESTIONS

(5*7=35)

11. a) Write short notes on psychotherapeutic techniques

(OR)

b) Explain Freud's structure of personality

12. a) What are the goals and functions of CBT

(OR)

b) Explain ABC model

13. a) List down the goals and functions of person centred therapy

(OR)

b) Explain person centred theorist view of human nature

14. a) List down the goals and functions of reality therapy

(OR)

b) List down the characteristics of reality therapy

15. a) List down the goals and functions of feminist therapy

(OR)

b) Explain role of men in feminist therapy

PART – C

ANSWER ANY THREE QUESTIONS

(3*10=30)

16. Write in detail about ego defence mechanism

17. Explain in detail about the areas of application of person centred therapy

18. Enumerate REBT

19. Write a detailed note on WDEP system

20. Explain the techniques and strategies in feminist therapy