

Sr. No. 1893

Exam Code: 113601

Subject Code: 8333

**Bachelor of Vocation (Mental Health Counseling) - Ist Sem.**

**(2118)**

**Paper-III**

**Approaches to Counseling**

**Time allowed: 3 hrs.**

**Max. Marks: 75**

**Note: Attempt five questions in all selecting one from each Section A, B, C & D and fifth question may be attempted from any section. All questions carry equal marks.**

**Section-A**

1. Discuss what makes the Psychodynamic approach unique ? Throw light on strength and weaknesses of Freudian approach.
2. How does a psychodynamic psychologist study human behaviour ? Discuss in light of Carl Jungs perspective.

**Section-B**

3. Explain the assumption of behaviour modification approach.
4. How would you apply behavioural approach of conditioning a client dealing with mental health problems ? Describe.

**Section-C**

5. Discuss the role of transactional analysis in Mental Health counselling.
6. What is meant by Cognitive approach ? Explain the effectiveness of this approach in mental health counselling.

**Section-D**

7. Existential approach is effective in dealing with clients having mental health issues. Justify.
8. Discuss the effectiveness of Roger's approach in dealing with clients having mental health problems.

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