

Exam. Code : 113601

Subject Code : 3842

Bachelor of Vocation (Mental Health Counselling) 1st Sem.

APPROACHES TO COUNSELLING

Paper—III

Time Allowed—3 Hours]

[Maximum Marks—75

Note :— Attempt **FIVE** questions in all, selecting **ONE** each from Sections A, B, C and D. The **fifth** question may be attempted from any section. All questions carry equal marks.

SECTION—A

1. What is psychoanalytical approach ? Describe the three levels of consciousness defined by Freud. 5+10
2. Which neo-Freudian introduced the concept of inferiority complex ? Discuss the concept. 5+10

SECTION—B

3. Discuss the role of behaviour modification approach in counselling clients with mental health issues. 15
4. Trace the role and importance of conditioning in behavioural approach. 15

SECTION—C

5. Throw light on transactional analysis and discuss the transactional analysis model. 15

6. Describe the three main beliefs of Rational Emotive Behaviour Theory. Is REBT effective ? Discuss. 5+10

SECTION—D

7. Existential psychotherapy is based on the model of human nature and experience. Elaborate. 15
8. What is client centred approach ? Elaborate upon its goals and limitations. 5+5+5