

**Bachelor of Vocation (Mental Health Counselling) - Ist Sem.**  
**(Batch 2021-24)**  
**(2221)**

**Paper-III : Approaches to Counselling**

**Time allowed: 3 hrs.**

**Max. Marks: 75**

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

SECTION A

1. Distinguish between id,ego and superego In context of the conscious, unconscious and subconscous. How are childhood experiences basis for mental health issues?  
(10+5)
2. Define Inferiority complex given by Adler.How was his approach 'molar' as compared to Freud's 'molecular' approach?  
( 5+10)

SECTION B

3. Explain briefly What is conditioning? Give the application and uses of Conditioning in mental health practices. (5+5+5)
4. Explain behavior modification. Give steps of shaping and use of token economy in Behaviour modification. (5+5+5)

SECTION C

5. REBT stand for which therapy? What is the role of emotions in this therapy? How is it useful in mental health area? (5+5+5)
6. Who gave the term transactional analysis? Explain how T.A. model in detail. (5+10)

SECTION D

7. What are the similarities between humanistic and existential Approach? Who gave which? (10+5)
8. Explain Maslow's hierarchy of needs motivational theory and its application. (10+5)

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