

Sr.No. 13078

Exam Code : 113602

Subject Code : 3826

Bachelor of Vocation (Mental Health Counseling) - 2nd Semester

(2519)

Paper: Paper-III

Practicing Individual Counseling Skills & Techniques

Time allowed: 3 hrs.

Max. Marks: 75

Note: The question paper consists of four sections: A, B, C and D.

Attempt five questions selecting one question from each section and the fifth question may be attempted from any section. All questions carry equal marks.

Section A

- Q1. Describe the individual counseling skills required for enhancing self-understanding and self-awareness,**
- Q2. Discuss the individual counseling skills for improving personal growth.**

Section B

- Q3. How interpersonal orientation of feelings/behavior and personality can be assessed in counseling.**
- Q4. Write a detailed note on assessment of irrational beliefs and attitudes in counseling.**

Section C

- Q5. Discuss in detail the steps for ensuring structured counseling settings.**
- Q6. Explain the role of Empathy and Listening skills in counseling.**

Section D

- Q7. Describe the application of behavior techniques in counseling.**
- Q8. Discuss various relaxation techniques in counseling.**

13078(2519)100