

Exam. Code : 113602  
Subject Code : 3889

Bachelor of Vocation (Mental Health Counselling)  
2nd Semester (Batch 2021-24)

**PRACTICING INDIVIDUAL COUNSELLING  
SKILLS & TECHNIQUES**

**Paper—III**

Time Allowed—3 Hours] [Maximum Marks—75

**Note** :— Attempt **FIVE** questions in all, selecting at least **ONE** question from each section. The **FIFTH** question may be attempted from any section. All questions carry equal marks.

**SECTION—A**

- I. Why is it essential for a Counsellor to have self-understanding ? How can self-understanding and self awareness be enhanced ? 15
- II. What are the various skills with the help of which a Counsellor can enhance personal growth ? 15

**SECTION—B**

- III. Discuss the significance of assessing beliefs, attitudes and values in Counselling. Write a note on assessment of beliefs, attitudes and values. 7,8

- IV. Write a detailed note on assessment of interpersonal orientation of feelings/behaviour. 15

**SECTION—C**

- V. What do you mean by ensuring structured settings in Counselling ? Discuss the importance of establishing Rapport with the client. 8,7
- VI. What is Empathy ? Discuss different attending and listening skills. 2,13

**SECTION—D**

- VII. Write short notes on the following :—
- (a) Shaping 7.5
  - (b) Systematic Desensitization. 7.5
- VIII. Discuss in detail the relaxation techniques of Yoga and Meditation. 15