

Exam. Code : 403002

Subject Code : 8356

Dip. in Counselling Semester—II
APPROACHES TO COUNSELLING

Paper—I

Time Allowed—3 Hours]

[Maximum Marks—100

Note :— Attempt *five* questions in all.

1. Critically discuss Freud's Psychodynamic Approach. 20
2. Discuss the client centered therapy while illustrating it with a case study. 20
3. Critically evaluate the Rational Emotive Therapy. 20
4. Discuss the Behaviour Modification Perspective of Therapy. 20
5. What is Yoga ? How can it enable mental health ? Discuss. 20
6. Discuss the Existential approach to Counselling with an example. 20
7. Discuss Transactional Analysis. 20
8. Describe Operant Conditioning as a technique. 20