

Exam. Code : 403002  
Subject Code : 6460

Diploma in Counselling 2nd Sem. (Batch 2021-22)  
APPROACHES TO COUNSELLING

Paper : I

Time Allowed—3 Hours] [Maximum Marks—100

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**

1. Critically evaluate Psychoanalytic Approach of Counselling. 20
2. Compare and contrast Freudian and Neo-Freudian Approaches of Counselling. 20

**SECTION—B**

3. Explain the various Techniques based on Behavioristic Approach along with suitable examples in day to day life. 20
4. Critically evaluate the different Techniques of Behaviour Modification. 20

### SECTION—C

5. Explain the Concept, Nature and Process of Existential Approach of Counselling. 10,10
6. Discuss the Concept, Nature and Mechanism of Client Centered Approach of Counselling. 10,10

### SECTION—D

7. Describe the Concept and Process of Rational Emotive Approach of Counselling. What are its limitations ? 15,5
8. Explain the different types of Yoga along with "Yogic Sutras". 10,10