

Exam. Code : 403002

Subject Code : 7580

**Diploma in Counselling 2nd Semester
APPROACHES TO COUNSELLING**

Paper—I

Time Allowed—3 Hours] [Maximum Marks—100

Note :— Attempt any *five* questions. Each question carries 20 marks.

1. Write a note on the structure of personality and the various psychosexual stages of Freud.
2. What is the ABC model in counselling ? How is REBT important in treating clients ?
3. What are the various behavior modification techniques ?
4. What are the basic principles of Meditation ? Why is meditation so important in the current scenario ?
5. What are the contributions of Existential Approach in Counselling ?
6. Explain the process of transactional analysis. Is transactional analysis important in counseling ?
7. What is meant by positive regard ? What are the techniques used in client centered counseling ?
8. Critically discuss the approach of reinforcements and operant conditioning as strategies for counseling.