**ST. JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date 10-12-2022 ( 1pm)

**M.Sc PSYCHOLOGY – I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2022**

**(Examination conducted in December 2022)**

**PY7421 : FUNDAMENTALS OF PROFESSIONAL COUNSELLING**

**Time: 2 Hours Max Marks: 50**

**This paper contains ONE printed page and FIVE parts**

**Each question is for 10 marks**

**PART-A**

1. Define Counselling. What are the goals of counselling?

**OR**

1. Describe in detail the social and historical origins of counselling and psychotherapy.

**PART B**

1. Explain in detail Egan’s ‘Skilled Helper Model’ of counselling.

**OR**

1. Elaborate on Cormier’s theory of counselling.

**PART C**

1. What are the benefits of case formulation?

**OR**

1. What is the importance of referral in counselling?

**PART D**

1. Describe the importance of supervision in counselling.

**OR**

1. What are the personal and professional characteristics of a good counsellor?

**PART E**

1. Jyothi is a seventeen-year-old seeing Dr. Priya, a counsellor. Jyothi’s parents believe that she deserves confidentiality and agree that Dr. Priya need not reveal the full contents of the session unless Jyothi is under harm or danger. As the therapy progresses and rapport and trust is built, Jyothi reveals that she drinks alcohol once a week, and cuts herself when under anxiety or stress. Do any of these behaviors call for Dr. Priya to inform Jyothi’s parents? What consequences may be expected if Dr. Priya does or does not reveal the contents of her session to Jyothi’s parents?

**OR**

1. Describe in detail Carl Roger’s theory of counselling.