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School of Liberal Education
Bachelor of Arts Honours in Political Science
Mid Term Examination - May 2024

Duration : 90 Minutes
Max Marks : 50

Sem II - K1UA205T - Counselling Skills

General Instructions

Answer to the specific question asked

Draw neat, labelled diagrams wherever necessary

Approved data hand books are allowed subject to verification by the Invigilator

- 1) Explain the importance of empathy in counseling sessions K2 (2)
- 2) What is the role of the counselor in the counseling process. K1 (3)
- 3) Illustrate the goal of counselling. K2 (4)
- 4) Explain the ethical considerations involved in counseling. K2 (6)
- 5) Identify what factors might influence a client's response to counseling? K3 (6)
- 6) Identify the main goals of cognitive-behavioral therapy (CBT). K3 (9)
- 7) Analyze how unconscious conflicts manifest in behavioral patterns in psychoanalytic counseling. K4 (8)
- 8) Inspect how does CBT address maladaptive thought patterns and behaviors? K4 (12)

OR

- Analyze are the fundamental principles of cognitive-behavioral therapy (CBT)? K4 (12)