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**School of Liberal Education**  
**Bachelor of Arts Honours in Applied Psychology**  
**Semester End Examination - May 2024**

**Duration : 180 Minutes**  
**Max Marks : 100**

**Sem VI - K1UA602T - Counselling Psychology**

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) How counselling is important in personal development? K1 (2)
- 2) Explain the process of diagnosis of alcohol or substance abuse counselling. K2 (4)
- 3) Illustrate on different types of counselling K2 (6)
- 4) Identify and implement cognitive restructuring techniques in a counseling scenario? K3 (9)
- 5) Identify the concept of cognitive distortions in CBT. K3 (9)
- 6) List the primary elements of a successful career counseling session. K5 (10)
- 7) Analyze how do Encouragers help clients to explore their thoughts and emotions more deeply during counseling sessions? K4 (12)
- 8) Evaluate the role of client engagement in the success of group counseling. K5 (15)
- 9) Determine what criteria would you use to measure the success of a career counseling program? K5 (15)
- 10) Elaborate on the main concepts associated with the phenomenological approach to counseling? K6 (18)