

BACHELOR'S DEGREE

PROGRAMME (BDP)

B. A. (PSYCHOLOGY)

Term-End Examination

June, 2025

**BPCE-017 : INTRODUCTION TO COUNSELLING
PSYCHOLOGY**

Time : 2 Hours

Maximum Marks : 50

Note : *All Sections are compulsory.*

Section-A

Note : *Answer any two of the following questions
in about 450 words each.* $2 \times 10 = 20$

1. Explain the cognitive theory of counselling. 10

2. Describe the techniques of family counselling. 10
3. What is couple counselling ? Discuss the techniques used in couple counselling. 3+7
4. Explain the family counselling process. 10

Section-B

Note : Answer any four of the following questions in about **250** words each.

4×6=24

5. Describe the format of conducting a counseling session. 6
6. Describe Freud's psychosexual stages of development. 6
7. Explain self-concept in the context of person-centered therapy. 6
8. Describe counselling for students engaging in substance abuse and for students with physical disabilities. 6
9. Explain the objectives and advantages of group counselling. 6

[3]

Section-C

Note : Write short notes on any two of the following in about **100** words each. 2×3=6

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| 10. Privileged communication. | 3 |
| 11. Free association. | 3 |
| 12. Therapeutic activities for counselling children. | 3 |

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