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BPCE-017

BACHELOR'S DEGREE

PROGRAMME (BDP)

Term-End Examination

June, 2026

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.

2×10=20

1. Define counselling. Describe the education, training and ethical issues in counselling. 10

2. Explain the cognitive theory of counselling and describe the cognitive therapy techniques. 7+3
3. Explain the intervention process and techniques in couple counselling. 10
4. Discuss the different theoretical approaches to family counselling. 10

Section—B

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

4×6=24

5. Explain the core dimensions of an effective counsellor. 6
6. Describe the origin of Counselling Movement in India. 6
7. Explain relaxation training and systematic desensitization. 3+3
8. Describe the psychosexual stages of development. 6

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9. Explain the principles of school counselling and describe the factors influencing school counselling. 6

Section—C

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

10. Person Centered Therapy. 3
11. Conduct of a counselling session. 3
12. Family life cycle. 3

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