

Ph. D. (PSYCHOLOGY) (PHDPC)

Term-End Examination

June, 2026

**RPCE-105 : APPROACHES AND TECHNIQUES
IN COUNSELLING PSYCHOLOGY**

Time : 3 Hours

Maximum Marks : 100

Note : (i) *Answers any **five** questions ensuring
at least two questions from each
Section.*

(ii) *All questions carry equal marks.*

(iii) *Answer each question in around
400 words.*

Section—A

1. Discuss the psychoanalytic view of human nature, the therapeutic techniques it employs and its major strengths and limitations.

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2. Describe the various types of counselling. 20
3. Describe the ways in which positive psychology has influenced counselling practices. 20
4. Write short notes on the following in about **200** words each : 10+10
 - (a) Ethics in counselling
 - (b) Advantages and challenges of E-counselling.

Section—B

5. Explain the various methods of assessment used in counselling. 20
6. Describe the various techniques in counselling. 20
7. Describe the role of psychoeducation in reducing stigma related to mental health. 20
8. Write short notes on the following in about **150** words each : 10+10
 - (a) Multicultural counselling
 - (b) Termination stage in counselling

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