

PG-539

MSY-24

M.Sc. DEGREE EXAMINATION – JUNE 2008.

(AY 2005-06 onwards)

Second Year

Psychology

**COUNSELLING AND BEHAVIOUR
MODIFICATION**

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

Answer any THREE questions.

Answer for each question not to exceed 1 page.

- 1. Explain different Assessment Techniques used in counselling.**
- 2. Explain the goals of counselling and the ethical issues related to counselling.**
- 3. Describe the basic concepts of Behaviour Modification.**

4. Explain the significance of Premack Principle and Prompting.
5. What is Meichenbaum's self Instructional training? Explain.

PART B — (4 × 15 = 60 marks)

Answer any FOUR questions.

Answer for each question not to exceed 4 pages.

6. Explain any five approaches to counselling.
7. Discuss the procedure and significant uses of Group Counselling.
8. Describe any two Relaxation Techniques and their applications.
9. Give an account of the components and uses of Social Skill Training.
10. Explain any three techniques of operant conditioning.
11. Describe the applications and procedure of Rational Emotive Therapy.
12. Describe the problem solving techniques and their applications.