



**INSTITUTE FOR BEHAVIORAL AND MANAGEMENT SCIENCES**  
I M.S. / PGDPC Examination - MAY, 2006

Paper IV – Techniques and Methods of Counseling

Time: 3 hrs

Max. Marks: 100

Answer any FIVE questions  
All questions carry equal marks

1. Define Counseling. Differentiate between individual and group counseling.
2. Describe few models of Counseling with special reference to Egan's Model.
3. What are the elements of interpersonal communication? How to achieve effective communication?
4. Mention some of the techniques for building and enhancing the working relationship with the Counselee.
5. Describe the various techniques of counseling. Indicate the importance of counseling in school setup.
6. What are the barriers to effective communication? How do you overcome them?
7. Critically examine the effectiveness of "follow up" in counseling with a case study.
8. What is the need for Career Counseling and its scope in the modern society?
9. Explain some of the problems of evaluation in Counseling. How do you overcome these problems?
10. Write short notes on any THREE:
  - a) Difference between Counseling and social case work
  - b) Non-directive Counseling
  - c) Listening Skills
  - d) Need for premarital Counseling

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