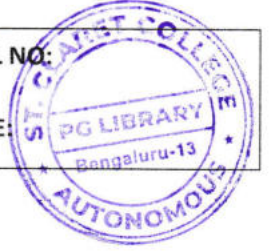


St. Clare College

Autonomous, Bengaluru

ROLL NO:

DATE:



PG END SEMESTER EXAMINATION-JAN/FEB 2026

M.Sc. PSYCHOLOGICAL COUNSELLING: SEMESTER I

MPC 1325: FOUNDATIONS OF PROFESSIONAL COUNSELLING

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed pages and THREE parts

Instructions:

1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

PART-A

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Define Counselling and mention its nature and scope.
2. Discuss the importance of the counselling relationship in facilitating client change.
3. Explain the need for referral in counselling and discuss situations that require referral.
4. Explain the concept of transference and counter-transference in counselling and its implications for the therapeutic relationship.
5. Describe the ethical and professional challenges in counselling clients from diverse backgrounds.
6. Discuss the role of continuing professional development in counselling.

PART-B

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. A counselling center wants to assess whether its interventions are effective in improving client well-being. Explain the role of research and evaluation in counselling practice, highlighting methods used to assess counselling outcomes.
8. A counsellor trainee struggles to establish therapeutic depth with clients. Explain Truax and Carkhuff's model of effective helping. Apply the concepts of empathy, genuineness, and respect to improve the counselling process.
9. Explain the need for Supervision for trainee counselors. Explain the need licensing and legislation in counselling in India.

PART-C

Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks

[15X2=30]

10. A client is indecisive about career and life goals. Using Gerald Egan's Skilled Helper Model:

- a) Explain the three stages of the model.
- b) Apply each stage to help the client move from problem identification to action planning.
- c) Discuss the advantages and limitations of using this model in real-world counselling.

11. Explain the micro skills used in counselling. Discuss attending behavior, empathy, and observation skills, highlighting their role in establishing an effective counselling relationship.

12. Explain the major ethical and legal issues encountered in counselling practice. Critically analyse how counsellors can resolve ethical dilemmas while ensuring legal compliance, and discuss the potential consequences of non-compliance.

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