

**PG Department of Social Work  
Question Bank**

**SUBJECT:** Counseling Theory and Practices  
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**SUBJECT CODE:** EPSW810S

Part-A

1. Define counseling.
2. What is participation?
3. What is individualization?
4. What is communication in counseling?
5. What is acceptance in counseling?
6. What is self awareness in counseling?
7. What is Self Confidence in counseling?
8. Mention the characteristics of counseling.
9. What is need of counseling?
10. Mention the principals of counseling.
11. What are the Approaches in family counseling?
12. What is Observation in counseling?
13. What is group counseling?
14. What is marriage?
15. What is Counseling Evaluation?
16. What is stress?
17. Mention the Types of Marriage.
18. What is Pre-marital Counseling?
19. Symptoms of Anxiety.
20. What is Depression?
21. Define Family Counseling.
22. Mention the Problem solving skills.
23. What are the causes of anger?
24. Mention the marital conflicts.
25. List out the barrier of counseling
26. What is Psychoanalytic theory?
27. What is Adlerian theory?
28. What is Client Centered theory?
29. What is Behavioral theory?
30. What is Gestalt theory?
31. What is Rational Emotion theory?
32. What is Inter Personal relation
33. What is family intensive?
34. What is school counseling?

35. What is industrial counseling?
36. What is career counseling?
37. What is group counseling?
38. What is psychiatric counseling?
39. What is professional counseling?
40. List out the standardized tests used in counseling?

### **Part B**

1. What is the importance of counseling?
2. Explain the Principles of counseling in detail.
3. Explain the process of counseling.
4. Explain Family counseling in detail
5. Describe the Process of counseling in detail. With an example
6. Explain Marriage counseling in detail.
7. Explain any two theories of counseling.
8. Explain the Factors Contributing to marital conflicts.
9. Role and Function of Counselors in College?
10. Explain the Industrial Counseling.
11. Explain the barrier of counseling
12. Mention the Types of Marriage in detail
13. Explain the counselor counselee relationship
14. Explain the ethics involved in the counseling
15. What the skills required for a counselor
16. Explain any two types of counseling in detail
17. Write in detail the components of counseling
18. Write in detail the techniques of group counseling
19. Explain the use of observation and understanding of emotion in counseling
20. Explain the standardized tests to be followed in counseling

### 41. Part –C

1. Discuss the need and importance of professional counseling
2. Describe the process of behaviour therapy
3. Discuss the process of counseling in a case where a student is about to discontinue his studies
4. Briefly explain the need for family counseling and role of counsellor in family counseling centres
5. Critically evaluate the personality and the skills of a counsellor
6. Explain the meaning ,need, importance and components of professional counseling
7. Describe in detail the counseling process with example of your own
8. Explain in detail counseling evaluation techniques with example
9. What are the factors contributing to marital conflicts?

10. Describe the Role and Functions of Counseling in schools with example.
11. Critically analyse transactional analysis
12. Discuss the various stages of marital conflict that increases marital discord and steps to resolve them
13. Evaluate the causes of mental illness and methods to promote mental health in the society
14. Discuss the need and importance of industrial counseling
15. List the issues while providing marital counselling
16. Enumerate the role and functions of counsellor in industries
17. Explain the counselling evaluation techniques with example
18. What are the factors contributing to marital conflicts
19. Explain the causes of divorce
20. Role and functions of counsellor in hospital