

This question paper contains 2 printed pages.]

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Your Roll No.

M.A. / II Sem.

A

PSYCHOLOGY – Paper 210

Counselling Psychology & Personal Growth

Time : 3 Hours

Maximum Marks : 38

*(Write your Roll No. on the top immediately
on receipt of this question paper.)*

*All questions are compulsory. Questions 1-4 carry 8 marks
and Question 5 carries 6 marks.*

1. Summarize the salient aspects of psychological growth as depicted in Indian Psychology.

Or

Outline your understanding of the notion of personal growth as outlined in Transpersonal Psychology.

2. Outline the central concerns of the article (Varma, 2010) "Self-work as prerequisite for counselors and psychotherapists : An Indian perspective".

Or

What are the psychological implications of using Indian mythology in therapy as highlighted by Prof. N.N. Wig.

[P.T.O.]

3. Enlist the five philosophical issues in counseling and elaborate them.

Or

Summarize the key concerns of the article (Virmani, 2009) "Walking with Kabir" pertaining to personal growth.

4. Write a note on any **one** of the following :
- (a) Enlightenment and Endarkenment
 - (b) The Islanders
5. Write short note on any **one** of the following :
- (a) What are the essential features of Gestalt therapy ?
 - (b) Explain the essence of therapy according to Carl Rogers.