

**QP CODE**  
**C2076**

Enrollment Number: .....

Name: .....

**M.A. DEGREE EXAMINATIONS, JULY 2025**  
**Third Semester**  
**M.A. Philosophy**  
**M23PH01SC –Philosophical Counselling**  
**(2023 July admissions)**

Time: 3 Hours

Max Marks: 70

**Section A**

Answer any ten of the following questions in a word or sentence each. Each question carries 1 mark.

1. Define counselling.
2. Who is the author of the work 'Man's *Search for Meaning*'?
3. State the full form of MBCT.
4. Who is the exponent of yoga system?
5. What do you mean by cogito ergo sum?
6. Who introduced dialectical materialism?
7. What do you mean by *vikshipta*?
8. Define the concept of confidentiality in the context of counselling.
9. Which philosophical method is referred to as midwifery method?
10. Name the philosophical counselling therapy which focuses on the meaning, purpose and resilience in life.
11. What does specialize counselling aim at?
12. Who proposed the theory of hierarchy of needs?
13. Give the names of any two existential philosophers.
14. Who is the author of '*Theory and Practice of Counselling and Psychotherapy*'?
15. Who established the Viennese School of psychotherapy?

(1X10=10)

**Section B**

Answer any five of the following questions in two or three sentences each. Each question carries 2 marks.

16. Write a note on cognitive based therapy.
17. Give a brief account of method of doubt as a tool for philosophical counselling.
18. Explain *Citta vrtti nirodha*.
19. What do you mean by paradoxical intention?

20. Explain the role of active listening as an effective tool of counselling.
21. What do you mean by value centric counselling?
22. Define logotherapy.
23. Explain *niyama* as a foundational principle of *yoga*.
24. What do you mean by existential anxiety?
25. Name the four noble truths.

(2X5=10)

### Section C

**Answer any five of the following questions in a paragraph each. Each question carries 4 marks.**

26. Explain the significance of Socratic Method in counselling.
27. What are the fundamental principles of logo therapy?
28. Explain the concept of existential givens, as proposed by Yalom.
29. State the method of self-analysis in yoga.
30. Bring out the significance of MBCT in treating various psychological disorders.
31. Examine how the principle of non-attachment and compassion can be integrated in daily life.
32. State how phenomenological reduction serve as a technique for counselling.
33. Discuss the role of ethical consideration in philosophical counselling.

(4X5=20)

### Section D

**Answer any three of the following questions in two pages each. Each question carries 10 marks.**

34. Write an essay on different theories of counselling.
35. Bring out the relation between philosophical and psychological counselling.
36. Analyse the role of existential themes in philosophical counselling.
37. How can the application of eight limbs of yoga be helpful in maintaining emotional stability?
38. Analyse the foundational principles of dialectical method.
39. Explain how the eight-fold path of Buddhism help maintain mental balance.

(10X3=30)