

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai — 600 044.

M.Sc.Psychology END SEMESTER EXAMINATIONS APRIL - 2024

SEMESTER - II

**22PCPCT2004 - Counselling Theories and Practices**

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

### **Section B**

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. Sketch out the definitions of Counselling and Psychotherapy and examine the current trends in the 21<sup>st</sup> century.
2. Describe the structure of personality according to the Psychoanalytic theory.
3. Apply and show, with the help of examples, the dawning self-awareness that the individuals may experience in the counselling process, when using the existential therapy model.
4. Explain the mindfulness-based cognitive therapy.
5. Discuss – EMDR.
6. Indicate the professional aspects of counselling.
7. Explain briefly the principles of Carl Jung theory of personality.
8. Distinguish between the important features of Ellis and Becks approach to Psychotherapy.

### **Section C**

I - Answer any **TWO** questions ( $2 \times 10 = 20$  Marks)

9. Explain the history of Psychotherapy.
10. Prepare a brief overview of the Adlerian Psychotherapy.
11. Prepare a case and analyse its therapeutic approaches using transactional Analysis.
12. Critically examine the third wave in behaviour Therapy.

II - Compulsory question ( $1 \times 10 = 10$  Marks)

13. Examine key concepts of solution-focused therapy.

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