

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 - IV

22PCPET4004 - Contemporary Therapies

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

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

1. Describe some common techniques used in expressive art therapy to help clients access and express their emotions.
2. Ascertain the differences between drama therapy and art therapy.
3. Illustrate the phases of Psychodrama using a case study.
4. Elucidate the principles of narrative therapy in reshaping the client's narratives for a positive change.
5. Sketch the risks involved in animal-assisted therapy.
6. Ascertain the historical background and therapeutic powers of play therapy.
7. Relate a scenario applying Mindfulness-based cognitive therapy and its impact on cognitive and emotional well-being.
8. Discriminate how acceptance and commitment therapies differ from traditional therapeutic approaches.

Section C

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

9. Relate how storytelling techniques be used to help clients explore their experiences, emotions, and perspectives in counseling sessions for enhanced therapeutic outcomes.
10. Interpret how psychodrama uses role-playing to address emotional struggles.
11. Classify the way narrative therapy uses externalizing problems to help clients gain perspective and explore new narratives.
12. Dissect the treatment of play therapy for a trauma-affected 12-year-old child, considering their developmental stage and unique needs.

Contd...

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

13. Develop a comprehensive treatment plan for a client integrating alternative therapies alongside traditional counseling methods to address their specific needs effectively.
