

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2023
(Third Semester)

Branch – APPLIED PSYCHOLOGY

COUNSELLING AND PSYCHOTHERAPY

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (5 x 1 = 5)

- 1 Indicate which of the following aims at a systematic and total resolution of unconscious conflicts with structural alteration of defenses, and the character organization.
(i) CBT (ii) REBT
(iii) Psychoanalysis (iv) EMDT
- 2 Name the proponent of client centered therapy.
(i) Erich Fromm (ii) Carl Jung
(iii) Carl Rogers (iv) Otto Rank
- 3 State from where the object relations therapy derived?
(i) Otto Rank Theory (ii) Anna Freud theory
(iii) Kleinian theory (iv) Individual theory
- 4 Name the cognitive therapy procedures that combine formulations from semantic, persuasive, directive, and behavior therapies.
(i) Jungian psychoanalytic therapy (ii) Beck's cognitive therapy
(iii) Behavioural therapy (iv) Rational emotive psychotherapy
- 5 According to ACT, what is separating yourself from your inner experiences called
(i) Emotional defusion (ii) Moral Defusion
(iii) Cognitive defusion (iv) Spiritual Defusion

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Differentiate the directive and non-directive approaches to counselling.
OR
b List the characteristics of psychotherapy.
- 7 a What is externalization of interest?
OR
b State any three techniques of Gestalt therapy.
- 8 a Why is it called Re-educative psychotherapy?
OR
b Summarize features of reality therapy.
- 9 a Organize the components of Will therapy.
OR
b Show the meaning of dream analysis as per Jungian Analytic therapy.

Cont...

- 10 a What is schema therapy?
OR
b Calculate therapists' function and role in the therapeutic setting.

SECTION -C (30 Marks)

Answer ALL questions
ALL questions carry EQUAL Marks (5 x 6 = 30)

- 11 a Analyze the need for eclectic approach.
OR
b Compare counselling and psychotherapy.
- 12 a Discuss the applications of supportive therapies.
OR
b Reveal the techniques of Gestalt therapy.
- 13 a Discuss the therapeutic procedures of REBT.
OR
b Contrast relationship therapy and reality therapy.
- 14 a Examine the techniques of existential therapy.
OR
b Outline the reconstructive psychotherapies.
- 15 a Justify the principles of CFT.
OR
b Compare and contrast contemporary psychotherapies.

Z-Z-Z

END