

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2024
(Third Semester)

Branch – APPLIED PSYCHOLOGY

COUNSELLING AND PSYCHOTHERAPY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which of the area Murray Bowen contributed to? a. Couple counselling b. Educational counselling c. Rehab counselling d. Family counselling	K1	CO1
	2	Find out the founder of non-directive counselling. a. Carl Rogers b. Sigmund Frued c. E G Williamson d. F C Throne	K2	CO1
2	3	Find the common side effect of ECT. a. Increased appetite b. Memory loss c. Weight gain d. Hallucinations	K1	CO2
	4	Infer the therapeutic technique which is most emphasized in Person-Centered Therapy? a. Interpretation b. Active listening c. Exposure therapy d. Cognitive challenges	K2	CO2
3	5	Find the key component of CBM. a. Free association b. Self-instruction c. Dream analysis d. Role-playing	K1	CO3
	6	Who contributed for the development REBT? a. Rogers b. Michenbaum c. Beck d. Ellis	K2	CO3
4	7	Which psychosexual stage operates at age 7 to 11? a. Anal b. Genital c. Phalic d. Latency	K1	CO4
	8	What are archetypes in Jung's Analytic Therapy? a. Individual memories b. Universal symbols c. Specific life experiences d. Behavioral traits	K2	CO4
5	9	What is one technique often used in MBCT? a. Exposure b. Body scan meditation c. Cognitive reframing d. Role play	K1	CO5
	10	Interpret the involvement of “thinking about thinking” from the following. a. Metacognition b. Dialectic Behaviour c. Cognitive behaviour c. Schema therapy	K2	CO5

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Compare directive and non-directive counselling.	K3	CO1
		(OR)		
	11.b.	Explain the re-educative psychotherapy.		
2	12.a.	Criticize confession and ventilation.	K4	CO2
		(OR)		
	12.b.	Examine any 4 Person Centered Therapeutic techniques.		
3	13.a.	Appraise the applications of social learning.	K5	CO3
		(OR)		
	13.b.	Evaluate the principles of Beck's cognitive therapy.		
4	14.a.	Examine the applications of existential therapy.	K4	CO4
		(OR)		
	14.b.	Analyse the application of Adlerian therapy.		
5	15.a.	Explain the Compassion focused therapy.	K5	CO5
		(OR)		
	15.b.	Evaluate the Solution focused brief therapy.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Evaluate the ethical considerations in counselling and psychotherapy.	K5	CO1
2	17	Analyse the techniques in gestalt therapy.	K4	CO2
3	18	Discuss on Operant conditioning.	K6	CO3
4	19	Explain the techniques of psychoanalytic therapy.	K5	CO4
5	20	Examine the Acceptance Commitment Therapy.	K4	CO5

Z-Z-Z END