

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
MSc DEGREE EXAMINATION DECEMBER 2025
(Third Semester)

Branch - APPLIED PSYCHOLOGY

COUNSELLING & 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	Counselling that integrates techniques from several approaches is called: (a) Directive (b) Non-directive (c) Eclectic (d) None	K1	CO1
	2	Which is NOT a characteristic of group psychotherapy? (a) Shared experience (b) Individual focus (c) Group cohesion (d) Interpersonal learning	K2	CO1
2	3	The main aim of reassurance in supportive therapy is: (a) Criticize (b) Soothe anxiety (c) Stimulate memory (d) Challenge beliefs	K1	CO2
	4	Gestalt therapy mainly emphasizes: (a) Past analysis (b) Here and now awareness (c) Hypnosis (d) Medical treatment	K2	CO2
3	5	Who is associated with Rational Emotive Behaviour Therapy? (a) Meichenbaum (b) Ellis (c) Beck (d) Wolberg	K1	CO3
	6	Cognitive Behaviour Therapy (CBT) primarily targets: (a) Genetics (b) Social norms (c) Thinking patterns (d) Medication	K2	CO3
4	7	Dream analysis is a technique mainly used in: (a) Behaviour therapy (b) Psychoanalytic therapy (c) Supportive therapy (d) Family therapy	K1	CO4
	8	Object Relations Theory focuses on: (a) Dream content (b) Early relationships (c) Cognitive errors (d) Self-actualization	K2	CO4
5	9	A central component of Acceptance & Commitment Therapy (ACT) is: (a) Detachment (b) Willpower (c) Mindfulness (d) Introspection	K1	CO5
	10	Solution-focused brief therapy focuses on: (a) Diagnosing root causes (b) Past trauma (c) Client strengths (d) Unconscious motives	K2	CO5

Cont...

SECTION - B (35 Marks)

Answer ALL questions

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

ALL questions carry EQUAL Marks (3 × 7 = 21)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Build the counselling process and highlight differences between directive and non-directive counselling.	K3	CO1
	(OR)			
	11.b.	Identify the special areas in counselling.		
2	12.a.	Examine the techniques of supportive therapy and their applications in clinical settings.	K3	CO2
	(OR)			
	12.b.	Construct the role of creative arts therapies and ventilation in supportive therapy.		
3	13.a.	Analyze the use of classical and operant conditioning within behaviour therapy.	K4	CO3
	(OR)			
	13.b.	Examine the main steps and techniques in Beck's Cognitive Therapy.		
4	14.a.	Analyze the main features and applications of Adlerian psychotherapy.	K4	CO4
	(OR)			
	14.b.	Examine Rank's Will Therapy and its therapeutic processes.		
5	15.a.	Critically evaluate the integrated approach in contemporary psychotherapy.	K5	CO5
	(OR)			
	15.b.	Critique schema therapy as a third wave intervention.		

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	Recommend the ethical considerations in counselling and psychotherapy, using suitable examples.	K4	CO1
2	17	Estimate the application of person-centered and Gestalt therapies in managing trauma cases.	K4	CO2
3	18	Evaluate the steps and effectiveness of Cognitive Behaviour Therapy with reference to depression.	K4	CO3
4	19	Compare and contrast the processes of psychoanalytic and Jungian therapies.	K5	CO4
5	20	Decide the functions, roles, advantages and limitations of contemporary integrated approaches to psychotherapy.	K5	CO5

Z-Z-Z

END