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Reg. No. : .....

Name : .....

**Second Semester M.Sc. Degree Examination, November 2023**

**Counselling Psychology**

**CP 524 : THEORIES AND PRACTICES IN COUNSELLING AND  
PSYCHOTHERAPY**

**(2022 Admission)**

Time : 3 Hours

Max. Marks : 75

Answer any **two** of the following. **Each** question carries **15** marks.

1. Discuss how CBT conceptualize psychopathology and elaborate on it's therapeutic process?
2. Elaborate on the basic nature of client centered approach to counselling. Critically evaluate its applications and limitations.
3. Write a detailed note on group counselling. Mention the goals and process involved in It.
4. Discuss the major skill domains involved in Dialectical behavior therapy, and evaluate how these skills facilitate emotion regulation and impulsivity

**(2 × 15 = 30 Marks)**

SECTION – B

Answer any **five** of the following. **Each** question carries **5** marks.

5. What is role play? Explain the scenarios where role play can be used.
6. Justify the rationale of providing psychoeducation to the family members of a client with mental health issues.

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7. What are the major therapeutic goals of existential approach?
8. Discuss the key concepts of contingency management.
9. Evaluate crisis intervention as an intervention.
10. Differentiate between cognitive therapy and meta-cognitive approaches.
11. Discuss the therapeutic techniques used in gestalt counseling.
12. Justify the rationale of incorporating muscle relaxation in systematic desensitization procedure.

**(5 × 5 = 25 Marks)**

### SECTION – C

Answer any **ten** of the following. **Each** question carries **2** marks.

13. Mindful awareness
14. Successive approximation
15. Counter conditioning principle
16. Dream work
17. ANTS
18. Activity scheduling
19. Eclectic counselling
20. Transference analysis
21. Escalation in assertiveness
22. Fully functioning persons
23. Working with resistance
24. Guided discovery

**(10 × 2 = 20 Marks)**

