

(Pages : 2)

T – 6431

Reg. No. :

Name :

Second Semester M.Sc. Degree Examination, September 2024

Counselling Psychology

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

(2022 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Discuss the role of thoughts and beliefs in forming different mental health issues and describe how they have been addressed using cognitive therapies.
2. Write an essay on the recent developments in counselling and psychotherapy.
3. Write a detailed note on group counselling. Mention the goals and process involved in it.
4. Analyze how supportive psychotherapy differ from other therapeutic approaches.

(2 × 15 = 30 Marks)

SECTION – B

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

5. How will you construct the anxiety hierarchy of someone having extreme anxiety for stage appearance?
6. What are the major therapeutic goals of gestalt approach?
7. Discuss how mindfulness facilitate mental health.

P.T.O.



8. Evaluate crisis intervention as an intervention.
9. Elaborate on the stages of Adlerian counselling.
10. Discuss the characteristics of a fully functioning individual.
11. How does ego states determine communication?
12. Elaborate on the major themes of brief dynamic interventions.

(5 × 5 = 25 Marks)

SECTION – C

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

13. Negative practice.
14. Chaining.
15. Counter conditioning principle.
16. Irrational beliefs.
17. Unconditional positive regard.
18. Dance and movement therapy.
19. Guided discovery.
20. Life script.
21. Role reversal.
22. Negative reinforcement.
23. Eclectic counselling.
24. Working with resistance.

(10 × 2 = 20 Marks)

