

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai - 600 044.

M.Sc.Counselling Psychology - END SEMESTER EXAMINATIONS - APRIL 2025

SEMESTER - II

22PCPCT2004 - Counselling Theories and Practices

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Describe the key differences between counselling and psychotherapy.
2. Elaborate how the history of counseling and psychotherapy has shaped current practices.
3. Compare the therapeutic techniques used in psychoanalytic therapy and Adlerian psychotherapy.
4. Explain how the attachment theory informs the therapeutic process in Brief Psychodynamic therapy.
5. Describe the key concepts and therapeutic process of Person - centered therapy.
6. Compare the effectiveness of Rational Emotive Behavior Therapy (REBT) and Beck's Cognitive Therapy in treating depression.
7. Design a brief therapy session using solution-focused therapy principles to address a client's anxiety issue.
8. Explain how neuropsychotherapy incorporates recent brain- based therapies, such as EMDR and Brain Spotting, into its therapeutic process.

Section C

I - Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Discuss the significance of establishing a therapeutic relationship in counselling, highlighting its personal and professional aspects.
10. Assess the strengths and limitations of Jung's Theory of Personality in understanding human behavior.
11. Design a counselling program incorporating elements of Existential Therapy and Transactional Analysis to address adolescent identity issues.

Contd...

12. Critique the integration of mindfulness into Cognitive behavior therapies (CBT), focusing on its benefits and limitations.

II - Compulsory question (1 × 10 = 10 Marks)

13. Develop a case study illustrating the integration of Neuro- Linguistic Programming (NLP) and Emotion- Focused Counselling to address a client's relationship issue.
