

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 - IV

24PCPET4A04 - Contemporary Therapies

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

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

1. Explain the key concepts of Expressive Arts Therapy and how it integrates different art forms for therapeutic purposes.
2. Identify and describe a therapy technique used in Psychodrama. Provide an example of how it can be applied in a therapeutic setting.
3. Compare and contrast the roles of the therapist and the client in Narrative Therapy. How do these roles influence the therapy process?
4. Describe how Animal-Assisted Therapy can be incorporated into a treatment plan for children with anxiety disorders.
5. What are the key principles and techniques of Play Therapy, and how does it support emotional healing in children?
6. Analyze the differences and similarities between Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT) in terms of their therapeutic goals and techniques.
7. Devise a simple treatment plan using at least one alternative therapy for a client experiencing mild depression. Justify your choice of therapy.
8. Evaluate the effectiveness of integrating mindfulness techniques into Cognitive Behavior Therapies. Support your answer with examples from different mindfulness-based approaches.

Section C

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

9. Explain the role of storytelling in Expressive Arts Therapy. How can it be effectively used in therapy sessions to address emotional and psychological challenges?

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10. Analyze the therapeutic process of Psychodrama. How do its phases contribute to emotional healing and personal growth?
11. Evaluate the effectiveness of Narrative Therapy in reshaping an individual's personal story. Provide examples to support your answer.
12. Critically assess the benefits and risks of Animal-Assisted Therapy in clinical settings. Propose an ethical framework for its implementation.

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

13. Compare and contrast Dialectical Behavior Therapy (DBT) and Mindfulness-Based Cognitive Therapy (MBCT). Which approach would be more effective for treating emotional dysregulation, and why?
