

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 - NOVEMBER 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. Define counselling and state two objectives of the counselling process.
2. Analyse how reality therapy addresses client responsibility and behavioural change.
3. Explore how does cognitive therapy address negative thoughts in depression?
4. Elaborate two brain-based therapies used in neuropsychotherapy.
5. Illustrate the role of transference in psychoanalytic therapy with an example.
6. Explain the concept of "unfinished business" in Gestalt therapy.
7. Identify key differences between Ellis' REBT and Beck's Cognitive Therapy in practice.
8. Compare and contrast EMDR, Coherence Therapy, and Brain spotting in terms of their underlying mechanisms and therapeutic processes.

Section C

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

9. Compare and contrast the goals and techniques used in counselling versus psychotherapy with practical examples.
10. Design a brief Adlerian therapeutic intervention for a client with low self-esteem.
11. Discuss the stages involved in the existential therapeutic process and how therapists facilitate client growth.
12. John believes "I must always succeed, or I am worthless" and experiences intense anxiety when he fails. How would you use REBT techniques to help John modify his beliefs?

II - Compulsory question ($1 \times 10 = 10$ Marks)

13. Describe the key concepts of solution-focused therapy and explain how the therapeutic relationship and therapist's role contribute to the success of brief therapy sessions.
