

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034



M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

SECOND SEMESTER – APRIL 2022

PCP 2504 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY - II

Date: 22-06-2022

Dept. No.

Max. :100 Marks

Time: 09:00-12:00

PART – A

Q. No Answer any FOUR questions (not exceeding 200 words) (4 x 5 = 20 Marks)

- 1 Give an outline of the principles of behaviour therapy.
- 2 Discuss the features of Cognitive based play therapy.
- 3 Give an overview on the characteristics of Narrative therapy.
- 4 Enumerate the post modern approaches and their salient features which differentiate them from the rest.
- 5 Discuss the pathways to Psychotherapy integration.

PART – B

Answer any FOUR questions (not exceeding 500 words) (4 x 10 = 40 Marks)

- 6 Discuss Mindfulness based Cognitive therapy.
- 7 Explicate the techniques of Rational Emotive Behaviour therapy.
- 8 Conceptualize Reality therapy & Feminist therapy and how they are applied in Counselling.
- 9 Elaborate on the feature of Stress Inoculation Therapy.
- 10 Discuss the features of Solution Focussed Brief Therapy.

PART – C

Answer any TWO questions (not exceeding 1000 words) (2 x 20 = 40 Marks)

- 11 Tabulate and discuss the different theories of counselling with their main contributors.
- 12 Describe Structural, Strategic and Multigenerational family therapy.
- 13 Give comprehensive overview of Acceptance & Commitment Therapy. Share a suitable case study to explain the above.

#####