



LOYOLA COLLEGE (AUTONOMOUS) CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

SECOND SEMESTER – APRIL 2025



PCP 2504 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY - II

Date: 02-05-2025

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

PART – A

Q. No Answer any FOUR questions (not exceeding 200 words)

(4 x 5 = 20 Marks)

- 1 Give a note on Applied Behavioral Analysis.
- 2 Brief on the propositions of Cognitive Behaviour Therapy.
- 3 State the key concepts of Behaviour Therapy.
- 4 List the components of MSE in case assessment.
- 5 What is case conceptualization?

PART – B

Answer any FOUR questions (not exceeding 500 words)

(4 x 10 = 40 Marks)

- 6 Critically evaluate the multi-theoretical application percepts in psychotherapy.
- 7 Discuss the application of the therapy of Michenbaum and Rhyle.
- 8 Analyze the assessment and treatment using Acceptance and Commitment therapy.
- 9 Elaborate on solution focused brief therapy.
- 10 Elucidate the principles of Multigenerational family therapy.

PART – C

Answer any TWO questions (not exceeding 1000 words)

(2 x 20 = 40 Marks)

- 11 Narrate the therapeutic techniques of Rational Emotive Behaviour Therapy with examples.
- 12 Expound on strategic family therapy.
- 13 Frame the concepts and application of narrative therapy and reality therapy in counselling.
