



LOYOLA COLLEGE (AUTONOMOUS) CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

FOURTH SEMESTER – APRIL 2025

PCP 4501 – GROUP COUNSELLING AND PSYCHOTHERAPY



Date: 23-04-2025

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

PART – A

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

(4 x 5 = 20 Marks)

- 1 Describe the significance of group counselling.
- 2 Indicate the importance of interpersonal learning in group therapy
- 3 Write a note on the stages of here -and-now activation.
- 4 List down the ways to reduce conflict in the therapy group
- 5 What are the basic steps involved while addressing Alcohol Anonymous group?

PART – B

Answer any FOUR questions (each not exceeding 500 words)

(4 x 10 = 40 Marks)

- 6 Discuss upon the development of socializing techniques.
- 7 Explain Sullivan's perspective on interpersonal relationship
- 8 Determine the ways of helping patients to accept a process orientation in Group therapy.
- 9 Summarize the different kinds of exercises encountered in Group counselling
- 10 Discuss upon the need for observation and supervision for the training of group therapist.

PART – C

Answer any TWO questions (each not exceeding 1000 words)

(2 x 20 = 40 Marks)

- 11 Compare and contrast Group counselling and Individual counselling.
- 12 Elucidate the therapist's basic task in group process
- 13 Reflect your understanding on dealing with problem situation with a suitable illustration.
