

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034**

**M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY**

**FIRST SEMESTER – NOVEMBER 2023**

**PCP 1504 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY - I**

Date: 08-11-2023

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

## SECTION – A

**Q. No. Answer any FOUR questions**

**(4 x 5 = 20 Marks)**

- 1 Differentiate between counselling and psychotherapy.
- 2 Write on SOLER in counselling.
- 3 Discuss the therapeutic goals of Adler.
- 4 Elucidate on hierarchy of needs.
- 5 Explain how Bandura's theory is applied in psychotherapy.

## SECTION – B

**Q. No. Answer any FOUR questions**

**(4 x 10 = 40 Marks)**

- 6 Explain the Bandura's theory of personality.
- 7 Elaborate on Self ego-defense mechanism.
- 8 Elucidate Egan's model of counselling.
- 9 Discuss the psychosocial theory of Erikson.
- 10 What are the personal characteristics of an effective counsellor.

## SECTION – C

**Q. No. Answer any TWO questions**

**(2 x 20 = 40 Marks)**

- 11 Explain the issues faced by therapists.
- 12 Elaborate on the psychoanalytical approach of Carl Jung.
- 13 Explain Gestalt therapy : key concepts, therapeutic process & therapeutic techniques.

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