



LOYOLA COLLEGE (AUTONOMOUS) CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

FIRST SEMESTER – NOVEMBER 2024



PCP 1504 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY - I

Date: 15-11-2024

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 Explain the principles of counselling.
- 2 What are the types of responses in counselling?
- 3 Brief on techniques of Carl Jung's Analytical psychology.
- 4 Maslow's hierarchy of needs- Summarize.
- 5 Illustrate Skinner's principle.

PART – B

Answer any FOUR questions (not exceeding 500 words)

(4 x 10 = 40 Marks)

- 6 Expound the characteristics of an effective counsellor.
- 7 Discuss the assessment done in counselling.
- 8 Elaborate on concepts in Self Psychology.
- 9 Elucidate your understanding on the principles and practice of existential therapy.
- 10 Explain any 5 behavioral techniques.

PART – C

Answer any TWO questions (not exceeding 1000 words)

(2 x 20 = 40 Marks)

- 11 Describe the Egan's stages of counselling.
- 12 Tabulate the concepts and techniques of Humanistic-Existential approaches.
- 13 Explain the process of counselling for deep-rooted, long-standing concerns.
