

**PG-A-1428**

**MCP-21X**

**P.G. DEGREE EXAMINATION —  
JULY, 2022.**

**Counselling and Psychotherapy**

**(CY – 2020 & AY 2020 batches onwards)**

**Second Year**

**PRINCIPLES AND TECHNIQUES OF  
PSYCHOTHERAPY**

**Time : 3 hours**

**Maximum marks : 70**

**SECTION A — (5 × 5 = 25 marks)**

**Answer any FIVE questions out of Eight questions in  
300 words.**

1. Briefly explain about how to assess the effectiveness of psychotherapy.
2. Write notes on Behavioral therapies.
3. Discuss on psychotherapy and social case work.
4. Discuss on Zen psychology.

5. What are the ethical issues present in the practice of psychotherapy?
6. Explain self attitude.
7. Write notes on catharsis
8. Explain the settings required for therapeutic process.

SECTION B — (3 × 15 = 45 marks)

Answer any **THREE** questions out of Five questions in 1,000 words.

All questions carry equal marks.

9. Discuss in detail about the objectives of the therapy process.
10. Explain in detail about psychodynamic therapy with a case example.
11. Elaborate on the techniques involved in psychotherapy.
12. Write in detail about mental status examination.
13. Write an essay on psychological research.

**PG-A-1429**

**MCP-22X**

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**Second Year**

**BEHAVIOUR THERAPIES**

**Time : 3 hours**

**Maximum marks : 70**

**SECTION A — (5 × 5 = 25 marks)**

**Answer any FIVE questions out of Eight questions in  
300 words.**

**All questions carry equal marks.**

- 1. Explain the major theories of behaviorism.**
- 2. Explain about implosive therapy.**
- 3. Write notes on token economy.**
- 4. Write about the importance of punishment in behavioral change.**

5. Write notes on cognitive behaviour therapy.
6. Write notes on reinforcements.
7. Explain how to manage obesity using behavioral methods.
8. Explain how to do a behavioral assessment.

SECTION B — (3 × 15 = 45 marks)

Answer any **THREE** questions out of Five questions in 1,000 words.

All questions carry equal marks.

9. Discuss in detail about the effects of behaviour therapy
10. Elaborate on using assertive training in groups.
11. Explain in detail about how you can use token economy for children.
12. Discuss on operant conditioning and explain its application in therapies.
13. Elaborate how behavioral theories are applied in the educational area.

**PG-A-1430**

**MCP-23X**

**P.G. DEGREE EXAMINATION —  
JULY, 2022.**

**Counselling and Psychotherapy**

**(From CY – 2020 Onwards)**

**Second Year**

**PSYCHOTHERAPIES**

**Time : 3 hours**

**Maximum marks : 70**

**SECTION A — (5 × 5 = 25 marks)**

**Answer any FIVE questions out of Eight questions in  
300 words.**

**All questions carry equal marks.**

1. Write notes on new developments of psychoanalysis.
2. Briefly explain logo therapy.
3. Write short note on script writing.
4. What are the principles of group therapy?

5. Write notes on techniques used in REBT.
6. How do you evaluate in client centered therapy?
7. Write about thought stopping and its applications.
8. Explain eastern psychotherapies.

SECTION B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five questions in  
1,000 words.

All questions carry equal marks.

9. Write in detail about psychoanalytic psychotherapy.
10. Elaborately discuss on existential therapy and its process with case examples.
11. Write a detailed essay on transactional analysis and its applications.
12. Essay on family therapy with its objectives in detail.
13. Discuss in detail about the current trends in psychoanalytical research.

**PG-A-1431**

**MCP-24X**

**P.G. DEGREE EXAMINATION —  
JULY, 2022.**

**Counselling and Psychotherapy**

**(From CY – 2020 Onwards)**

**Second Year**

**CLINICAL ASSESSMENT**

**Time : 3 hours**

**Maximum marks : 70**

**SECTION A — (5 × 5 = 25 marks)**

**Answer any FIVE questions out of Eight questions in  
300 words.**

**All questions carry equal marks.**

- 1. Write notes on classifications of psychological tools.**
- 2. Write notes on culture fair tests.**
- 3. Explain the difficulties in personality assessment.**
- 4. Explain in short about the purpose of aptitude testing.**

5. What are the diagnostic methods used for childhood disorders?
6. Write notes on anecdotal records.
7. Explain detail about interest factors.
8. Write notes on sentence completion test.

SECTION B — (3 × 15 = 45 marks)

Answer any THREE questions out of Five questions in 1,000 words.

All questions carry equal marks.

9. Elaborate on the principle characteristics of psychological tests and its uses.
10. Discuss in detail about the intelligence assessment and its types.
11. Write an essay on projective and semi projective tests used for assessment.
12. Write in detail about the various aptitudes and its assessment methods.
13. Explain in detail how attitudes are assessed and tools used for assessment.