

Q.P Code: 202318

Reg. No:

**M.Phil Clinical Psychology Part II Regular Examinations
September 2019**

**Paper II: Psychotherapy and Counselling
(2016 Scheme)**

Time: 3 hrs

Max. Marks: 70

- Answer all Questions**
- Draw diagrams wherever necessary**

Long Essays

(4x14=56)

1. Describe the models of therapeutic education. Explain its role in relapse-prevention and successful rehabilitation with regard to major mental disorders.
2. Show your familiarity with psychosocial aspects of disability. What is the role of group and supportive therapy in rehabilitation services.
3. Describe different behavioural techniques in the management of anxiety spectrum disorders.
4. Elucidate the procedures and techniques used in systemic therapies with respect to family therapy.

Short Essays

(2x7=14)

5. What is interviewing. Describe the techniques and types of interviewing.
6. Explain the effectiveness of yoga as an adjunctive therapy.
