

**Q.P Code: 202318**

**Reg. No: .....**

**M. Phil Clinical Psychology Part II Regular/Supplementary  
Examinations April 2021**

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

**Time: 3 hrs**

**Max. Marks: 70**

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw table/diagrams/flow charts wherever necessary*

**Long Essays**

**(4x14=56)**

1. Explain the components of mindfulness based stress reduction and examine its effectiveness in various anxiety disorders
2. Describe the objectives and types of interviews. Enumerate the various skills a psychotherapist is required to have for conducting a successful clinical interview.
3. Discuss the role of psychodynamic therapies in the treatment of personality Disorders
4. Discuss the various approaches to family therapy and outline its indications and contraindications

**Short Essays**

**(2x7=14)**

5. Efficacy of parent management training in conduct disorder
6. Outline the factors responsible for therapeutic change in group therapy

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