

Q.P Code: 202318

Reg. No:

**M. Phil Clinical Psychology Part II Regular/Supplementary
Examinations December 2023**

**Paper II: Psychotherapy and Counselling
(2017 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. Define counseling and psychotherapy. Explain in detail the goals, techniques and major approaches in counseling.
2. Delineate therapeutic relationship/alliance in psychotherapy as the principal mediator for change. Mention the hurdles and methods to overcome them.
3. Elucidate the principles and assumptions of cognitive behaviour therapy and explain the techniques to manage cognitive distortions.
4. Discuss various therapeutic approaches for treating developmental internalizing and externalizing disorders in children.

Short Essays

(2x7=14)

5. Explain the major ethical and legal issues involved in psychotherapy and counselling in current scenario.
6. Explain the importance of humanistic-existential psychotherapy in the present context.
