

PG-290

MCP-21

**M.Sc. DEGREE EXAMINATION —
JANUARY 2015.**

Second Year

Counselling and Psychotherapy

**PRINCIPLES AND TECHNIQUES OF
PSYCHOTHERAPY**

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

Answer any THREE questions, each in 1 page.

1. What is Neuro Linguistic Program?
2. Explain Supportive therapy?
3. Write short notes on catharsis.
4. Distinguish between Negative belief and self attitude.
5. Describe Experiential therapy.

PART B — ($4 \times 15 = 60$ marks)

Answer any FOUR questions, each in 4 pages.

6. Define psychotherapy. Explain the objectives of psychotherapy and its therapeutic process.
7. Explain cognitive behaviour therapy with suitable examples.
8. Mention the values and therapist's responsibility in psychotherapy.
9. Explain the psychotherapeutic devices in detail.
10. Describe Mental status examination.
11. Discuss Humanistic and Behaviour therapy.
12. Elaborate the process of psychological research and professional and ethical issues in psychotherapy.
