

Name : _____

P 1038

Reg. No. _____

**LOYOLA COLLEGE OF SOCIAL SCIENCES****(AUTONOMOUS)**(ESTD-1963)

**Affiliated to University of Kerala
Accredited with A++ by NAAC**

Sreekariyam, Thiruvananthapuram, Kerala.

**SECOND SEMESTER M.Sc. COUNSELLING PSYCHOLOGY EXAMINATION,
JULY 2025 (2024 ADMISSIONS)**

**CP 524: THEORIES AND PRACTICES IN COUNSELLING
AND PSYCHOTHERAPY**

*Time 3 hours**Max: 75 Marks*

Nos.	Part A: Answer ANY TWO out of the FOUR questions in not less than 850 words	Course Outcome	Blooms Level	Marks
Q1	Explain the use of REBT in supporting individuals coping with challenges due to workplace dynamics.	CO2	Understand	15
Q2	Assume that you were a person-centred therapist, keeping in mind the philosophy, attitudes and skills of person-centred therapy create a detailed session plan for a 21-year-old female client who was caught for malpractice in exam.	CO5	Create	15
Q3	Illustrate the challenges involved in working with a couple from a different culture on their marital issues.	CO4	Understand	15
Q4	With support of an appropriate case example, demonstrate how the key principles of group counselling can be applied in deaddiction counselling.	CO3	Apply	15
	Part B : Answer ANY FIVE out of the EIGHT questions in not less than 300 words	Course Outcome	Blooms Level	Marks
Q5	Discuss the assumptions and goals of eclectic counselling.	CO1	Understand	5
Q6	Explain the principles of supportive psychotherapy.	CO1	Understand	5
Q7	Differentiate between individual and group therapy	CO2	Understand	5
Q8	With support of an example differentiate between Counselling Groups, Guidance Groups and Psychotherapy Groups.	CO3	Understand	5
Q9	Explain the significance of ethics in psychotherapy and counselling.	CO4	Understand	5
Q10	Create an REBT principle-based A-B-C framework for a 14-year-old male client struggling with procrastination in school.	CO5	Create	5
Q11	Explain how can motivational interviewing support an individual aiming to overcome alcohol addiction.	CO3	Understand	5
Q12	Elaborate on brief psychodynamic therapy.	CO1	Understand	5

	Part C: Answer ANY TEN out of the FOURTEEN questions in not less than 50 words.	Course Outcome	Blooms Level	Marks
Q13	Explain Congruence.	CO1	Understand	2
Q14	Explain the term fictional finalism.	CO1	Understand	2
Q15	List any two key assumptions of CBT.	CO2	Remember	2
Q16	Provide any two reasons why screening of members is an ethical need in group counselling.	CO2	Understand	2
Q17	Discuss two issues while using empty chair..	CO3	Understand	2
Q18	With support of an example, demonstrate how the principle of classical conditioning can be used in therapy.	CO3	Apply	2
Q19	Illustrate the major therapeutic goals in psychoanalytic counselling.	CO4	Understand	2
Q20	Dream analysis was debated for the authenticity of content. Justify.	CO4	Understand	2
Q21	Differentiate between Ideal self and Real self.	CO5	Understand	2
Q22	Suggest self-modification strategy that can be recommended to a 20-year-old female college student who is afraid of speaking in class and is socially anxious.	CO5	Understand	2
Q23	Explain Transactional Analysis.	CO1	Understand	2
Q24	Discuss the concept of logo therapy.	CO1	Understand	2
Q25	Explain two situations where contingency management can be helpful.	CO2	Understand	2
Q26	Mention two client issues for which a Dance Movement Therapy could be best to recommend.	CO2	Remember	2