**ST. JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date 3-12-2022 ( 1pm )

**M.Sc (Counselling) – I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2022**

**(Examination conducted in December 2022)**

**PY7121 – Theories of Counselling and Psychotherapy 1**

**Time: 2 Hours Max Marks: 50**

**This paper contains ONE printed page and FIVE parts**

**Each question is for 10 marks**

**PART-A**

1. Enlist and explain the Common factors that underlie all psychotherapies.

**OR**

1. Differentiate between Counselling and Psychotherapy

**PART-B**

1. Define defense mechanisms and distinguish between Valliant’s 4 categories of defense mechanisms. With an example describe any 3 defense mechanisms.

**OR**

1. Discuss Freudian structure of personality.

**PART-C**

1. Elucidate with examples the 7 stages of Rogerian person- centered therapy.

**OR**

1. Discuss the “Rectified version” of Maslow’s Hierarchy with a special focus on the newly added stage.

**PART-D**

1. Describe the two pillars of Gestalt therapy – Phenomenology and dialogic relationship.

**~~OR~~**

1. Describe the three fundamental assumptions in Logotherapy.

**PART-E**

1. Explain with examples, five of the 19 Rogerian propositions

**OR**

1. Describe with examples the ‘relationship’ segment in psychodynamic conceptualization