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

**M.Sc COUNSELLING PSYCHOLOGY – II SEMESTER**

**SEMESTER EXAMINATION: MAY 2023**

**(Examination conducted in May 2023)**

**PY8121 : THEORIES OF COUNSELLING AND PSYCHOTHERAPY II**

**(For current batch students only)**

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

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

**Answer ONE question from each part. Each part carries 10 marks**

**PART-A**

1. What is Cognitive Behavior Therapy? List some of the systematic errors in reasoning that lead to faulty assumptions and misconceptions.

OR

1. Describe in detail how behavior changes according to Donald Meichenbaum’s Cognitive Behavior Modification theory.

**PART B**

1. Explain the phases of short-term psychodynamic therapy.

OR

1. Describe Object Relations theory. Elucidate Melanie Klein’s contribution to this theory.

**PART C**

1. Describe Choice theory explanation of behavior. What are the therapeutic techniques and procedures used in Reality therapy?

OR

1. Describe in detail the therapeutic process in Solution focus brief therapy.

**PART D**

1. Describe the history and development of Feminist therapy.

OR

1. Explain the therapeutic techniques and procedures used in narrative therapy.

**PART E**

1. Give a detailed account of the pathways towards psychotherapy integration.

OR

1. Describe the challenges of developing an integrative perspective.