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

Registration Number:

Date & session:

**M.Sc (COUNSELLING PSYCHOLOGY) – I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2023**

**(Examination conducted in November /December 2023)**

**PY 7121 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY I**

**(For current batch students only)**

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

**This paper contains TWO printed pages and FIVE parts.**

**Answer one question from each section. Each section carries 10 marks.**

**PART-A**

1. Define counselling. Describe the growth of counselling since its inception.

OR

1. What are psychosexual stages? What is its relevance to counselling?

**PART-B**

1. How are the views of Carl Rogers and Abraham Maslow different? What are the necessary and sufficient conditions for change to happen in therapy according to Carl Rogers?

OR

1. A client says:  
   “Right now the thing that’s bothering me the most is my weight. Whenever I get anxious or depressed, I tend to overeat. Lately I’ve gained about 10 pounds. I feel fat and dumpy. I hate the way I look.”   
   How would a therapist from a person centered approach work with the client? Explain the concepts they would use in working with this client.

**PART-C**

1. What are the basic dimensions of human condition according to existential approach? How do they relate to counselling practice?

OR

1. Elucidate the therapist’s role in existential approach. Explain the client-therapist relationship in existential approach.

**PART-D**

1. What are exercises and experiments? Explain the empty chair technique.

OR

1. Explain unfinished business and “the now” from Gestalt perspective.

**PART-E**

1. Write an essay on DBT and MBSR.

OR

1. Explain the historical background of the behavioural approach. What are the four major areas of development in contemporary behaviour therapy?