

Date:28-02-2022

Registration number:

ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27

MSc Counselling Psychology – I SEMESTER

SEMESTER EXAMINATION: OCTOBER 2021

(Examination conducted in February-March 2022)

**PY 7121 – Theories of Counselling and Psychotherapy**

Time- 2 ½ hrs Max Marks-70

This question paper contains one printed page and five sections

**Answer any one question from each of the following sections. Each section carries 14 marks.**

**Section A**

1. Discuss the concepts of counselling, guidance and psychotherapy.

OR

1. Explain the development of counselling as a profession.

**Section B**

1. What are the concepts you will utilize when formulating a case from the Freudian perspective?

OR

1. Describe the theoretical constructs proposed by Adler.

**Section C**

1. Elaborate on how you will conduct a therapy session using a Rogerian approach.

OR

1. Differentiate the approaches proposed by different client-centered counsellors.

**Section D**

7. Explain the Existential perspective of psychotherapy, with specific refers to Victor Frankl and his experiences

OR

1. Explain the Gestalt psychotherapy approach proposed by Fritz Perls, along with your critical evaluation.

**Section E**

9. Trace the important contributions of Pavlov, Watson and Skinner. What do you feel are the strengths and shortcomings of the conceptualizing of the intervention based on the concepts proposed by them?

OR

10. Present how will you conduct a behavioural analysis with a case example from the anxiety spectrum.