

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2022 – 2023)

M.Sc., DEGREE EXAMINATION, APRIL 2024
PSYCHOLOGY
FOURTH SEMESTER

COURSE : CORE
PAPER : PSYCHOTHERAPY
SUBJECT CODE : 22PY/PC/PT44
TIME : 3 HOURS **MAX. MARKS: 100**

SECTION A

ANSWER ANY SIX QUESTIONS. (6 x 10=60)

1. Elaborate on the development of Family Systems Therapy.
2. Bring out the difference between counseling and Psychotherapy.
3. Enlist psychotherapeutic techniques employed by Psychoanalyst.
4. Summarize goals of play therapy? When is it preferred choice in counseling?
5. Develop a self management programme to help you exercise regularly keeping in mind behaviour therapeutic techniques,
6. Compare Systemic and Individual approaches to family therapy.
7. From the REBT perspective, explain how cognitive factors influence one's emotions and behaviours?
8. Explain Self-Object Relationship Therapy and its application to Couples therapy.

SECTION B

ANSWER ANY TWO QUESTIONS. (2 x 20=40)

9. Elucidate core conditions required to establish effective therapeutic relationship as proposed by Carl Rogers.
10. According to Aaron Beck, what causes psychological disturbances? Outline the goals and the process employed in cognitive behavioural therapy.
11. Describe the process and techniques of Dance and Movement Therapy and Psychodrama and outline their effectiveness with examples.
12. Explain the therapeutic relationship and processes of change.
