

M.Sc., DEGREE EXAMINATION, APRIL 2026
PSYCHOLOGY
FOURTH SEMESTER

COURSE : CORE
PAPER : PSYCHOTHERAPY
SUBJECT CODE : 23PY/PC/PT44
TIME : 3 HOURS

MAX. MARKS: 100

| Q. No. | SECTION A Answer all the questions not exceeding 300 words (4 x 5 = 20 marks) | CO | KL |
|---------------|--|-----------|-----------|
| 1. | a) Explain the concept of consciousness raising as a process of change in psychotherapy. (or) b) Explain the basic assumptions of Transactional Analysis. | CO1 | K1 |
| 2. | a) Explain Freud's structure of personality and its relevance to psychoanalytic therapy. (or) b) Describe the importance of birth order in shaping personality according to Adler. | CO1 | K1 |
| 3. | a) Explain how defence mechanisms help individuals cope with anxiety. (or) b) Explain the goals of therapy in Gestalt therapy. | CO1 | K2 |
| 4. | a) Explain Carl Rogers' view of human nature in Person-Centred therapy. (or) b) Describe the role of creative arts therapies in psychotherapy. | CO1 | K2 |
| Q. No. | SECTION B Answer all the questions not exceeding 700 words (4 x 10 = 40 marks) | CO | KL |
| 5. | a) Illustrate how Narrative therapy techniques can be used to help a client reframe negative life experiences. (or) b) Illustrate how psychoanalytic techniques such as free association can be used to explore a client's unconscious conflicts. | CO2 | K3 |
| 6. | a) Illustrate how the empty-chair technique in Gestalt therapy can be used to resolve interpersonal conflicts. (or) b) Meera and Arjun have been married for five years and frequently experience conflicts regarding finances and household responsibilities. Meera feels that Arjun does not support her emotionally, while Arjun believes that Meera constantly complains. Their arguments often end in silence and emotional withdrawal. Apply the principles of couples therapy to analyse the communication patterns in this relationship and suggest appropriate therapeutic strategies. | CO2 | K3 |
| 7. | a) Examine the multilayered process involved in family therapy. (or) b) Examine the differences between counselling and psychotherapy in terms of scope, focus and client issues. | CO3 | K4 |
| 8. | a) Analyse the similarities and differences between Psychoanalytic therapy and Adlerian therapy. (or) b) Analyse the similarities and differences between Person-Centred therapy and Gestalt therapy. | CO3 | K4 |

| Q. No. | SECTION C Answer any 2 questions not exceeding 1200 words (2 x 20 = 40 marks) | CO | KL |
|---------------|---|-----------|-----------|
| 9. | a) Explain the importance of increasing awareness or consciousness raising in psychotherapy. (10 marks) | CO4 | K5 |
| | b) Construct a therapeutic strategy based on Adler's concept of social interest to improve a client's interpersonal relationships. (10 marks) | CO5 | K6 |
| 10. | a) Assess the importance of systemic approaches compared to individual approaches in family therapy. (10 marks) | CO4 | K5 |
| | b) Develop a therapeutic plan using family systems therapy to address family conflicts. (10 marks) | CO5 | K6 |
| 11. | a) Critically examine the role of drama therapy in facilitating personal insight and emotional healing. (10 marks) | CO4 | K5 |
| | b) Design a creative arts therapy program to help clients express suppressed emotions. (10 marks) | CO5 | K6 |
| 12. | a) Assess the contribution of Person-Centred therapy to contemporary psychotherapy. (10 marks) | CO4 | K5 |
| | b) Design a psychotherapy plan using appropriate processes of change to help a client modify unhealthy behaviour. (10 marks) | CO5 | K6 |
