



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

M.Sc. DEGREE EXAMINATION – COUNSELLING PSYCHOLOGY

FIRST SEMESTER – NOVEMBER 2022

PCP 1504 – THEORIES OF COUNSELLING AND PSYCHOTHERAPY - I

Date: 28-11-2022

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

SECTION - A

Answer any FOUR of the following questions not exceeding 200 words each. (4 x 5=20 Marks)

1. What are the counselling objectives? Elucidate
2. Write on Freud's concept of personality
3. Discuss the personal qualities of a counsellor.
4. Share on existential principles.
5. Describe the kinds of responses of the counsellor in Counselling.

SECTION B

Answer any FOUR of the following questions not exceeding 500 words each. (4 x 10=40 Marks)

6. Explain the ego defense mechanisms.
7. Discuss on 3 Gestalt treatment techniques.
8. Analyse on Individual psychology.
9. Critically explicate on the contemporary behavior therapies.
10. Theoretical premises of the stages of development of Object relations theory according to Margaret Mahler- elucidate.

SECTION C

Answer any TWO of the following questions not exceeding 100 words each. (2 x 20=40 Marks)

11. Explain skilled helper model of counselling and its appropriateness in application.
12. Describe any 5 techniques of behavior therapy with examples.
13. Enlist the stages of counselling and describe each concept for deep rooted concerns of a client.

\$\$\$\$\$\$