

Date:

Registration number:

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

MSC PSYCHOLOGY- II SEMESTER

SEMESTER EXAMINATION: APRIL 2022

(Examination conducted in July 2022)

 **PY 8121 – Theories of Psychotherapy and Counselling- II**

Time- 2 ½ hrs Max Marks-70

This question paper contains **ONE** printed page and **FIVE** sections

 **Answer any one question from each section**

 **Section A 1X14= 14 Marks**

1. Define defence mechanisms. Describe two defence mechanisms with examples for each level of defence mechanism as categorised by George Valliant.

Or

1. Construct a hypothetical therapeutic situation. Define and identify the phenomenon of: transference, counter transference (any two types) and pre transference.

 **Section B 1X14= 14 Marks**

1. What is SFBT. Construct a therapist-client conversation, using any four questions from SFBT.

Or

1. Construct an example, where in an individual experiences the emotion schemes as proposed by Les Greenberg in Emotion Focused therapy. In the example also mention the use of a regulatory exercise.

 **Section C 1X14= 14 Marks**

1. Discuss the idea of “control” as proposed in Reality therapy using examples. Describe the five basic needs as proposed in Choice theory.

Or

1. Kiran, a 28-year-old, is in a marriage, which in Kiran’s words is “more about the kids and convenience”. Construct and discuss the 7 stages of narrative therapy in the above context.

 **Section D 1X14= 14 Marks**

1. Define feminism. Use any four specific (intervention) techniques of Feminist therapy, on the characters portrayed in the short film “Juice”.

Or

1. Joy is a 28-year-old and has been on an endless fad dieting and eating spree for years now. Joy embraces each weight loss attempt with enthusiasm, then comes a stressor at work or in personal life and the fad dieting gives way to binge eating.

The stressor eases, Joy is back again on the fad dieting until the next stressor shows up. Joy often feels depressed and frustrated from the roller coaster ride between the fad dieting and eating sprees. Use the procedural sequence model and the depressed thinking trap from CAT to explain Joy’s behaviour.

 **Section E 1X14= 14 Marks**

1. Describe the self-instructional training procedure as outlined by Meichenbaum in a hypothetical therapeutic setting between an adult therapist and 10-year-old child as the client.

Or

1. Delineate the principles of Cognitive therapy. Describe any 4 cognitive distortions with examples.