**ST JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date & session:

**M.Sc (COUNSELLING PSYCHOLOGY) II SEMESTER**

**SEMESTER EXAMINATION: APRIL 2024**

**(Examination conducted in May / June 2024)**

**PY8121 THEORIES OF COUNSELLING AND PSYCHOTHERAPY - II**

**(For current batch students only)**

**Time: 2 Hours Max Marks: 50**

**This paper contains TWO printed pages and FIVE parts.**

**Answer the following questions. Each question contains 10 marks.**

**PART-A**

1. Ahaana is a 25-year-old woman who works as a graphic designer. She has been experiencing low mood, anxiety, and insomnia for the past six months, following a breakup with her boyfriend of three years. She blames herself for the breakup and thinks that she is unlovable, worthless, and incompetent. She avoids social situations, has lost interest in her hobbies, and has difficulty concentrating at work. She often ruminates about the past and worries about the future. She has no history of mental illness or substance abuse.
2. What are some of the negative thoughts that Ahaana has about herself, her situation, and her future?
3. What are some of the cognitive distortions that Ahaana is using?
4. What are some of the alternative or balanced thoughts that Ahaana can generate to replace the negative ones?

OR

1. Vivaan is a 35-year-old man who works as a software engineer. He has been struggling with low mood, anxiety, and anger issues for the past few years. He has a history of childhood abuse and neglect and has difficulty trusting and connecting with others. He feels lonely, insecure, and unworthy of love. He often isolates himself from his colleagues and friends and has no romantic partner. He also tends to be harsh and critical of himself and others and has frequent conflicts and arguments at work and in his personal life. He has no hobbies or interests outside of work. He has been diagnosed with complex post-traumatic stress disorder and has tried various therapies and medications, but none of them have helped him much.
2. What are some of the reciprocal roles that Vivaan has learned from his early life experiences?
3. How do these roles manifest in his relationships with others and with himself, such as in traps, snags, or dilemmas?
4. How can Vivaan use exit strategies to break out of his unhelpful patterns and engage in more adaptive behaviors?

**PART-B**

1. What are the main concepts and techniques of object relations theory? How does it explain the paranoid-schizoid position, the depressive position, and the defense mechanisms in human functioning?

OR

1. Briefly delineate the distinction between brief psychodynamic therapy and psychoanalytic therapy.

**PART-C**

1. Briefly outline the main characteristics and assumptions of solution focused brief therapy. How does it help clients focus on their strengths, resources, and solutions, rather than their problems and deficits?

OR

1. What are the basic components of the WDEP model in reality therapy? How can it be used to help clients identify and change their behaviours?

**PART-D**

1. Highlight the key principles and goals of feminist counselling and psychotherapy. How does it challenge the dominant paradigms and power structures in society and in therapy?

OR

1. What are the main features and benefits of narrative counselling and psychotherapy? How does it help clients construct and reconstruct their stories and identities in a meaningful and empowering way?

**PART-E**

1. Describe integrated approach to counselling and psychotherapy? Give examples of how each approach can be applied in practice.

OR

1. Discuss the four major approaches to psychotherapy integration? If you had to select one theory that would serve as your primary theory, which theory would you select and why?

\*\*\*\*\*\*\*\*