**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)**

**PY8221 THEORETICAL FOUNDATIONS OF GROUP COUNSELLING**

**(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. Define group counselling. Discuss the current trends and issues that affect group work. How do they adapt to the changing needs and demands of the society and the profession?

OR

1. What are some of the guidelines and standards that govern group practice? How would you handle informed consent, confidentiality, and diversity issues in your group?

**PART-B**

1. What are some group leader characteristics? How would you balance the tasks of creating structure, facilitating process, and intervening in the group?

OR

1. List out the therapeutic factors. Explain any three therapeutic factors of group psychotherapy and how they contribute to the healing process of group members. Illustrate how you would foster each factor in your group.

**PART-C**

1. Explain the stages of group development and the tasks and challenges that group leaders and members face in pre-group stage, initial stage, and transition stage and give examples for the same.

OR

1. What are the characteristics of the final stage? Recommend ways to assess the effectiveness and outcomes of their group?

**PART-D**

1. Illustrate how you would use active listening, questioning, linking, summarizing, and feedback in your group.

OR

1. Describe the skills and techniques that group leaders need to effectively lead groups. Explain some of the core competencies and micro skills that group leaders should demonstrate.

**PART-E**

1. What is a CBT approach to group psychotherapy? Justify four techniques that can be applied in groups from a CBT perspective.

OR

1. Discuss the existential approach to group counseling. Outline some of the existential themes that group members may explore.

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