

Q.P Code: 202318

Reg. No:

**M. Phil Clinical Psychology Part II Supplementary Examinations
June 2023**

**Paper II: Psychotherapy and Counselling
(2016 Scheme)**

Time: 3 hrs

Max. Marks: 70

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw table/diagrams/flow charts wherever necessary*

Long Essays

(4x14=56)

1. Discuss how therapeutic relationship is crucial in any psychotherapy.
2. Define psychotherapy and counselling. Discuss the differences between these two.
3. Define CBT and explain the procedure of CBT (how to conduct).
4. Define Gestalt therapy and explain in detail.

Short Essays

(2x7=14)

5. Define psychosocial rehabilitation and its types.
6. How meditation is important as a therapeutic tool.
