



K25P 1871

Reg. No. :

Name :

Second Semester M.Sc. Degree (C.B.C.S.S. – OBE – Reg./Supple./Imp.)
Examination, April 2025

(2023 and 2024 Admissions)

COUNSELLING PSYCHOLOGY

MSCPS02C07 : Counselling Theories and Approaches

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** of the following. Each question carries 3 marks each.

1. MBCT.
2. Humour.
3. Dereflection.
4. Object relations.
5. Implosion technique.
6. Parapraxes.

(5×3=15)

SECTION – B

Answer **any three** of the following. Each question carries 5 marks each.

7. Explain the key concepts of Gestalt therapy.
8. Interpretation of resistance and transference.
9. Appraise the solution focused brief approaches.
10. Highlight the counselling techniques of REBT.
11. Give a brief overview of third generation behaviour approaches.

(3×5=15)

P.T.O.



SECTION – C

Answer **any three** of the following. **Each** question carries **10** marks **each**.

12. Elaborate upon Jung's psychodynamic theory in the context of counseling.
13. Evaluate various behavioral techniques in counseling.
14. Cognitive behavioral therapies emphasize on collaborative empiricism. Justify the point.
15. Explain the theoretical underpinnings of modern trends in counseling.
16. Outline the influence of Freudian theory in psychodynamic therapy. (3×10=30)

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