

Roll No:

Date:

# St. Claret College

Autonomous, Bengaluru



PG END SEMESTER EXAMINATION-JUNE/JULY 2026

M.Sc. PSYCHOLOGICAL COUNSELLING SEMESTER II

MPC 2125: THEORIES OF PSYCHOTHERAPY

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed page and THREE parts

**Instructions:**

1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

**PART-A**

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Explain five Psychoanalytical therapy techniques in brief.
2. Describe the historical development of Reality therapy.
3. Analyze the challenges of Reality therapy.
4. Evaluate the advantage of using Feminist theory.
5. Discuss the emergence of Post Modern Approaches and its therapies in brief.
6. Differentiate on the key principles between eclectic and integrative counselling.

**PART-B**

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. Outline the characteristic principles of psychotherapy.
8. Explain the techniques of reality therapy.
9. Discuss the theoretical principles and techniques of Narrative Therapy.

**PART-C**

Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks

[15X2=30]

10. Sneha, a 20-year-old college student, experiences intense anxiety while travelling in crowded buses. Her fear started after she once felt breathless and dizzy during a crowded journey. Since then, she avoids public transport whenever possible. When she has to travel, she experiences sweating, rapid heartbeat, trembling, and fear of losing control. Her college attendance has reduced because of this problem.

### Questions

- a) Explain Sneha's anxiety using behavioural principles and identify why Systematic Desensitization would be suitable for this case.
- b) Develop an anxiety hierarchy for Sneha that can be used in Systematic Desensitization.
- c) Explain the step-by-step procedure of applying Systematic Desensitization to help Sneha overcome her fear.

11. Priya, a 28-year-old teacher, seeks counselling because she feels emotionally exhausted and disconnected from her family. She often says that she keeps thinking about past conflicts with her mother and feels unable to express her anger openly. During conversations, she frequently changes the topic when discussing emotions and says, "I don't know what I really feel." She also reports headaches and difficulty sleeping during stressful situations.

### Questions

- a) Explain Priya's difficulties from a Gestalt Therapy perspective.
- b) Describe how the counsellor can use the "here and now" approach in this case.
- c) Explain any two Gestalt Therapy techniques that can help Priya become aware of and express her unresolved feelings.

12. Ananya, a 21-year-old college student, seeks counselling because she feels stressed and overwhelmed by academic pressure. She says she often doubts her abilities and feels unable to manage her time effectively. However, she mentions that during her school years she was able to balance studies and extracurricular activities successfully. She wants to feel more confident and organized again.

### Questions

- a) Identify the main goals of counselling in this case from a Solution-Focused Brief Therapy (SFBT) perspective.
- b) Explain how the miracle question can be used with Ananya in counselling.
- c) Describe any two SFBT techniques that may help Ananya recognize her strengths and solutions.

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