

Q.P Code: 202318

Reg. No:

**M. Phil Clinical Psychology Part II Regular/Supplementary
Examinations November 2025
Paper II: Psychotherapy and Counselling
(2017 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. Define counseling and psychotherapy. Explain in detail the goals, techniques and major approaches in counseling.
2. Describe the various factors affecting the therapeutic relationship.
3. Elucidate the origin, foundation and types of Behavior therapies.
4. Discuss the importance of Psychoeducation and its models.

Short Essays

(2x7=14)

5. Explain the application of psychotherapy in special conditions.
6. Explain the principles, assumptions and techniques of Cognitive therapies.
