

**D/3956**

**M. Phil in Clinical Psychology (Part-2)**

**Examination Annual : 2020**

**Paper: Psychotherapy and Counselling**

Time: Three Hours

Maximum Marks: 70

*Note: Attempt any five questions. All questions carry equal marks.*

1. Discuss about necessary skills for interviewing in counselling and psychotherapy. Also write about factors that may influence therapeutic relationship. (8+6)
2. Elaborate on the role of classical conditioning principle in Psychotherapy. Discuss any one psychotherapeutic technique based on this principle. (7+7)
3. Discuss in detail about CBT assumptions and various techniques with special reference to Generalized Anxiety Disorder. (14)
4. What is Behavioural Analysis? Elaborate. Give a therapy plan for a 5 years old child with Autism to manage self injurious behaviour. (6+8)
5. What is Psychoeducation? Discuss in detail the implication of Psychoeducation in Relapse Prevention. (8+6)
6. Write a note on any two of the following:
  - a) Brief Dynamic Psychotherapy
  - b) Mindfulness Based Cognitive Therapy
  - c) Dialectical Behavior Therapy
  - d) Rational Emotive Behavior Therapy
7. Give description on any two
  - a) Play Therapy in Children
  - b) Biofeedback Training
  - c) Sensate Focus Therapy
  - d) Group Therapy

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