

QP CODE: 26019155



Reg No :

Name :

M.Sc DEGREE (CSS) EXAMINATION, MARCH 2026

Fourth Semester

M Sc Psychology (Revised)

ELECTIVE - PY800402 - PSYCHOTHERAPY

2019 Admission Onwards

479841C6

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Stages in psychotherapy.
2. Integrative approach.
3. Define the concept of dream analysis.
4. Termination in Psychoanalytic Psychotherapy.
5. Goals of gestalt psychotherapy.
6. Existential anxiety.
7. Catharsis in group therapy.
8. Cognitive Behavioural family therapy.
9. Work phase in play therapy.
10. Imaginative pretend play.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. "There are times where supportive therapy is all that is needed to bring about adequate functioning". Explain.





12. Examine briefly Characteristics of an efficient psychotherapist.
13. What are the assumptions made by psychoanalytic psychotherapists about human nature?
14. Explain the different techniques of client-centred therapy.
15. Examine the Therapist's function and role in existential therapy.
16. Examine the Therapeutic Process in transactional analysis.
17. Briefly explain the importance of Genogram and draw an example.
18. Briefly explain the major challenges in play therapy.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Various applications and evaluations of brief psychodynamic psychotherapy.
20. Compare and contrast the techniques of Structural Family Therapy and Systematic Family Therapy.
21. Briefly explain the goals of play therapy and comment on the factors to keep in mind while selecting the play materials for play therapy room.
22. "Enter into children's play and you will find the place where their minds, hearts, and souls meet." Comment on the statement by explaining the importance of selecting appropriate media or activity.

(2×5=10 weightage)

