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St. Claret College

Autonomous, Bengaluru

ROLL NO:

DATE:



PG END SEMESTER EXAMINATION-JAN/FEB 2026

M.Sc. PSYCHOLOGICAL COUNSELLING: SEMESTER I

MPC 1125: THEORIES OF COUNSELLING

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed pages 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. Differentiate the concepts of Guidance, Psychotherapy and Counselling.
2. Elaborate the applications of Counseling.
3. Analyze Behaviour modification techniques.
4. Summarize Cognitive Analytic Therapy.
5. Describe the Hierarchy of Needs.
6. Explain the techniques used in Person-Centered Therapy.

PART-B

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

[10x2=20]

7. Discuss Erikson's Psychodynamic theory.
8. Elucidate Skinner's Theory.
9. A 22-year-old college student experiences intense anxiety and feelings of worthlessness after failing an important examination. He believes that failure proves he is a complete failure and fears negative evaluation from others. He begins to avoid social interactions and shows reduced motivation for studies.

Questions:

- a) Identify the therapeutic approach suitable for this case. (2 marks)
- b) Explain the client's problem using the ABC model of REBT. (4 Marks)
- c) Describe how disputation of irrational beliefs would be carried out in therapy. (4 Marks)

PART-C

Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks. [15X2=30]

10. Riya, a 7-year-old girl, was once frightened by a large barking dog while playing in her neighbourhood. Since then, she starts crying or runs away whenever she sees any dog, even small or quiet ones. Her parents notice that this fear has generalized to soft toy dogs as well.

They are now trying to help her overcome this fear by gradually introducing her to pictures of calm dogs, followed by watching videos, and later by meeting a friendly puppy in a controlled environment.

Questions:

- a. Explain Riya's acquisition of fear. (5 Marks)
- b. Delineate stimulus generalization and extinction be seen in this case? (5 Marks)
- c. Suggest behavioural techniques her parents can use (based on Watson's principles) to help her overcome her fear. (5 Marks)

11. Meera is a 24-year-old postgraduate student who has recently started her first job. Despite receiving positive feedback from her supervisor, she feels constantly anxious about her performance. She believes that a single mistake at work will lead to complete failure and loss of respect. Meera often focuses only on negative comments while ignoring praise and compares herself unfavorably with her colleagues. She frequently thinks, "If I'm not perfect, I'm a failure" and "Others are always judging me." As a result, she experiences low self-esteem, excessive worry, procrastination, and difficulty sleeping.

Questions:

- a) Identify and explain any five cognitive distortions evident in the case. (10 Marks)
- b) Explain how these cognitive distortions contribute to Meera's emotional and behavioural difficulties. (3 Marks)
- c) Briefly describe two cognitive techniques that could be used to help Meera challenge these distortions. (2 Marks)

12. Ananya is a 21-year-old undergraduate student who has sought counselling due to persistent feelings of self-doubt, emotional exhaustion, and confusion about her future. She reports feeling pressured by her parents to choose a career path that does not align with her personal interests. Ananya often feels that her opinions are ignored and that she must meet others' expectations to be accepted. During sessions, she expresses difficulty identifying and verbalizing her emotions and frequently asks the therapist for advice regarding her decisions. The therapist adopts a Person-Centred Therapy approach, focusing on creating a safe, empathetic, and non-judgmental environment that allows Ananya to explore her thoughts and feelings at her own pace.

Questions:

- a) Identify the therapeutic approach used in this case and state its founder. (2 Marks)
 - b) Explain how Active Listening and Reflection of Feelings would be applied by the therapist while working with Ananya. (4 Marks)
 - c) Describe the role of Non-Directiveness and Client-Led Exploration in facilitating Ananya's personal growth. (4 Marks)
 - d) Illustrate the use of Open-Ended Questions in this case with suitable examples. (3 Marks)
 - e) Explain how Summarization and Clarification would help the therapist maintain mutual understanding during the counselling process. (2 Marks)
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