

[LP 1019]

OCTOBER 2019

Sub. Code: 2022

M. Phil CLINICAL PSYCHOLOGY EXAMS
(Candidate admitted from 2017-2018 onwards)
SECOND YEAR
PAPER II – PSYCHOTHERAPY AND COUNSELING

Q.P. Code : 152022

Time : Three hours

Maximum : 70 Marks

I. Elaborate on: (1 x 20 = 20)

1. The systemic therapies by explaining the process and issues with respect to family therapy, marital therapy, sex therapy and interpersonal therapy.

II. Write notes on: (2 x 10 = 20)

1. The principles and assumptions involved in the cognitive model of rational emotive behaviour therapy and cognitive behaviour therapy.
2. The therapies and techniques in the management of terminal illness.

III. Write notes on: (6 x 5 = 30)

1. Biofeedback.
2. Significance of psycho-education in psychotherapy.
3. Therapies and techniques for internalizing disorders.
4. Humanistic approach in counselling.
5. Mindfulness based cognitive therapy.
6. Techniques and process involved in group therapy.

[LQ 1019]

NOVEMBER 2020

Sub. Code: 2022

(MAY 2020 EXAM SESSION)

M. Phil CLINICAL PSYCHOLOGY

(Candidate admitted from 2017-2018 onwards-New Regulation)

SECOND YEAR

PAPER II – PSYCHOTHERAPY AND COUNSELING

Q.P. Code : 152022

Time : Three hours

Maximum : 70 Marks

I. Elaborate on:

(1 x 20 = 20)

1. The Behaviour therapy and enumerate the major postulates of Behaviour Therapy and explain the Skill Training in detail.

II. Write notes on:

(2 x 10 = 20)

1. The Psycho-dynamic Psychotherapy, explaining the stages of therapy and its process.
2. Explain the goals, Techniques and approaches in Counselling.

III. Write notes on:

(6 x 5 = 30)

1. Psycho-Social Rehabilitation.
2. Characteristics of Structured & Unstructured interview.
3. Therapy with Adolescents.
4. Factors influencing Client- Therapist relationship.
5. Ethical and Legal issues involved in Therapy work.
6. Therapy in Natural Disasters.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0321]

MARCH 2021

Sub. Code: 2022

(OCTOBER 2020 EXAM SESSION)

M. Phil. CLINICAL PSYCHOLOGY

SECOND YEAR (From 2017-2018 onwards)

PAPER II – PSYCHOTHERAPY AND COUNSELING

Q.P. Code : 152022

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(1 x 20 = 20)

1. Behaviour therapy techniques based on operant and aversion procedures.

II. Write notes on:

(2 x 10 = 20)

1. What are the various techniques in interviewing?
2. Briefly discuss the Indian approaches to psychotherapy.

III. Write notes on:

(6 x 5 = 30)

1. What is relapse prevention?
2. Psychoeducation.
3. Treatment of Externalizing disorders.
4. Trauma counseling.
5. What is Autogenic training?
6. Problem solving therapy.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0122]

**JANUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 2022

**M. Phil. CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELLING
Q.P. Code : 152022**

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on: **(1 x 20 = 20)**

1. Definition, goals, techniques and approaches in counseling.

II. Write notes on: **(2 x 10 = 20)**

1. Discuss briefly the various systemic therapies.
2. What is the treatment for loss and bereavement?

III. Write notes on: **(6 x 5 = 30)**

1. Treatment for Internalizing disorders.
2. Role of rehabilitation.
3. Cognitive restructuring.
4. Silence and pauses in interviewing.
5. Group therapy.
6. Progressive Muscular Relaxation.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1022]

OCTOBER 2022

Sub. Code: 2022

**M.Phil. CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELING**

Q.P. Code : 152022

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on: **(1 x 20 = 20)**

1. Characteristics, techniques and factors influencing a therapeutic relationship.

II. Write notes on: **(2 x 10 = 20)**

1. Medical and psychosocial aspects of disability.
2. What are the various biofeedback techniques?

III. Write notes on: **(6 x 5 = 30)**

1. Importance of Yoga and Meditation.
2. Eye movement desensitization and reprocessing.
3. Dialectical Behavior Therapy.
4. Importance of evidence based practice therapy.
5. Parental Counseling.
6. Deliberate self Harm.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0523]

MAY 2023

Sub. Code: 2022

**M.PHIL CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELING**

Q.P. Code: 152022

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on:

(1 x 20 = 20)

1. Describe in detail about procedures and techniques involved in CBT for obsessive compulsive disorder.

II. Write notes on:

(2 x 10 = 20)

1. Motivational interviewing in substance use disorders.
2. Behavior therapy techniques for skills training.

III. Write notes on:

(6 x 5 = 30)

1. Play therapy.
2. Biofeedback.
3. Therapy in crisis condition.
4. Dialectical Behavior therapy.
5. Systematic desensitization.
6. Psychosocial rehabilitation.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1023]

OCTOBER 2023

Sub. Code: 2022

**M.PHIL. CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELING**

Q.P. Code: 152022

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on: **(1 x 20 = 20)**

1. Describe in detail about origin, basis, process and techniques involved in humanistic therapy.

II. Write notes on: **(2 x 10 = 20)**

1. Behavior therapy based on operant procedures.
2. Rational Emotive Behavior therapy.

III. Write notes on: **(6 x 5 = 30)**

1. Therapy for self-harm.
2. Progressive muscle relaxation.
3. Psychodrama.
4. Sex therapy.
5. Psycho education.
6. Group therapy.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1024]

OCTOBER 2024

Sub. Code: 2022

**M.PHIL. CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELING**

Q.P. Code: 152022

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on:

(1x20=20)

1. Explain in detail the various Behavioural Therapies.

II. Write notes on:

(2x10=20)

1. Explain Therapeutic Relationship in detail.
2. Psychosocial Rehabilitation.

III. Write notes on:

(6x5=30)

1. Ayurveda and Yoga.
2. Bereavement.
3. Schema focused therapy.
4. Sex therapy.
5. Interviewing techniques.
6. Eye movement desensitization and reprocessing.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1025]

OCTOBER 2025

Sub. Code: 2022

**M.PHIL. CLINICAL PSYCHOLOGY
SECOND YEAR (From 2017-2018 onwards)
PAPER II – PSYCHOTHERAPY AND COUNSELING**

Q.P. Code: 152022

Time: Three hours

Answer ALL Questions

Maximum: 70 Marks

I. Elaborate on:

(1 x 20 = 20)

1. The ethical and legal issues involved in therapy work and the roles and responsibilities carrying out therapy work.

II. Write notes on:

(2 x 10 = 20)

1. The evidence based therapy and the procedure of documenting the therapy work of a case in a detailed manner.
2. The family related therapy, techniques and stages involved and how to assess the outcome of the therapy.

III. Write notes on:

(6 x 5 = 30)

1. Covert Sensitization.
2. Importance of psycho-education in psychotherapy.
3. Therapies and techniques for externalizing disorders.
4. Humanistic approach in counseling.
5. Rehabilitation services for alcohol dependence.
6. Techniques and process involved in group therapy.
