

**CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE, NUVEM-GOA**

**M.A. (PSYCHOLOGY) EXAMINATION**

**SEMESTER END ASSESSMENT, JULY 2021**

**PLO 401: PSYCHOTHERAPY**

**Duration: 2 Hours**

**Total Marks: 30**

**Instructions:**

- 1. Read each question carefully.**
- 2. Write the correct question number.**
- 3. Each question carries 10 marks.**

**Answer any three of the following questions.**

1. Psychoanalysis and transactional analysis are both relevant analytical approaches. As a counselor, which approach would you favour to address therapeutic concerns of clients? Give reasons justifying your answer.
2. What are the basic tenets and propositions of existential therapy? Critically evaluate the existential approach.
3. Discuss your understanding of behaviour therapy. Explain in detail the therapeutic techniques and interventions a counselor would use under this approach.
4. Competent feminist and multicultural counsellors need to be aware of specific relevant issues faced by clients. Highlight these issues, as well as strategies that could be employed to navigate the same.
5. Critically examine gestalt therapy, highlighting the specific interventions and applications of this approach.