

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.
