

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.
