



45551

**BRAINWARE UNIVERSITY**

Library
Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

Term End Examination 2025-2026**Programme – M.Sc.(APSY)-2025****Course Name – Psychotherapeutic and Counselling Skills****Course Code - MPY20406****(Semester II)****Full Marks : 60****Time : 2:30 Hours**

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Identify who among the following gave the standard comprehensive definition of psychotherapy.
 - a) Thorndike
 - b) Freud
 - c) Wolberg
 - d) Skinner
- (ii) Identify which of the following is the role of goal-setting in psychotherapy.
 - a) To impose the therapist's agenda on the client.
 - b) To discourage the client from achieving success.
 - c) To discourage the client from setting personal goals.
 - d) To establish a collaborative roadmap for therapy.
- (iii) Identify which one of the following is associated with actualizing tendency.
 - a) Prestige
 - b) Self-determination and fulfilment
 - c) Job security
 - d) Travelling
- (iv) Indicate which of the following depicts the role of actualizing tendency in therapy.
 - a) A individual naturally develops an illness
 - b) The therapist rebukes the client because they are not understanding the tasks
 - c) The individual has an inherent capacity to move away from maladjustment towards psychological health and growth
 - d) The individual progressively loses contact with reality
- (v) Indicate what countertransference refer to in the therapeutic relationship.
 - a) The unconscious feelings of the client toward the therapist
 - b) The emotional reactions or responses of the therapist to the client
 - c) The resistance of the client to therapy
 - d) The lack of empathy of the therapist
- (vi) Indicate which of the following factors may influence the therapeutic relationship.
 - a) Illness severity
 - b) Techniques of the therapist
 - c) Socioeconomic status of the client
 - d) All of these
- (vii) Identify the method that Freud originally used to treat conversion.

- a) CBT
c) Hypnosis
- b) Medicines
d) Transference
- (viii) Select which of the following method did Freud use in place of Hypnosis.
- a) Working through
c) Beneficence
- b) Resistance
d) Free Association
- (ix) Illustrate what Top Dog is equivalent to according to Gestalt Therapy.
- a) The victim
c) The Adult
- b) The Serial Killer
d) Critical Parent
- (x) Deduce what is anxiety according to Existential therapy.
- a) A sign of psychological disorder
c) Caused by unresolved childhood conflicts
- b) A normal part of the human condition
d) Best treated with medication
- (xi) Deduce what the existential concept of anxiety is characterized by.
- a) Fear of the unknown
c) Awareness of freedom and responsibility
- b) A sense of impending doom
d) A desire for control over external circumstances
- (xii) Infer what is true about suffering according to Existential therapy.
- a) Is inherent in the human condition
c) Is caused by external circumstances
- b) Can be eliminated through medication
d) Indicates psychological pathology
- (xiii) In structural family therapy, select the term for the process of changing the organization of the family system.
- a) Enmeshment
c) Restructuring
- b) Reframing
d) Disengagement
- (xiv) Report the example of a DBT group skill training session.
- a) One on one cognitive restructuring
c) Administering medication for emotional distress
- b) Practicing interpersonal effectiveness skills in a role play
d) Free association and dream analysis
- (xv) Select which of the following is not a type of psychotherapy.
- a) Psychoanalysis
c) Gestalt Therapy
- b) CBT
d) Gun-Katas

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Define what is directive psychotherapy. (3)
3. Explain what do you mean by Negative Automatic Thoughts. (3)
4. Explain the nature of transference. (3)
5. Illustrate why Unconditional Positive Regard is important as per Client Centred Therapy. (3)
6. Evaluate the concept of Meaninglessness as described in Existential philosophy. (3)

OR

- Categorize the type of clients appropriate for existential therapy. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Evaluate the ethical consideration of multiple relationships in psychotherapy. (5)
8. Summarize Countertransference as a factor of therapeutic relationship. (5)
9. Evaluate the concept of Fixation while referring to the Psychosexual stages of Freud. (5)
10. Develop a therapy plan for a patient dealing with Anxiety using REBT model. (5)
11. Illustrate some factors that lead to marital distress. (5)
12. Appraise the basic principles of Motivational Interviewing. (5)

OR

- Explain the concepts of Retroflection and Deflection in Gestalt Therapy. (5)