



BRAINWARE UNIVERSITY

Term End Examination 2025-2026

Programme – M.Sc.(APSY)-2023/M.Sc.(APSY)-2024

Course Name – Psychotherapeutic & Counselling Skills

Course Code - APSY403

(Semester IV)

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) Select the main function of therapeutic boundaries.
 - a) To establish a power dynamic in favour of the therapist
 - b) To ensure ethical practice and protect the client's well-being
 - c) To blur the lines between therapy and social relationships
 - d) To make the client feel uncomfortable
- (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 the correct description of Congruence in client-centered therapy.
 - a) The therapists ability to maintain professional boundaries
 - b) The therapists genuine and authentic expression of thoughts and feelings
 - c) The therapists use of techniques to influence the clients behavior
 - d) The therapists adherence to treatment protocols
- (v) Identify which one is showing transference in the following examples.
 - a) A therapist explores the issues of the client and then asks them to come for a follow up two weeks later.
 - b) The client feels comfortable with the therapist and tells him about her past experiences.
 - c) The therapist feels unconditional positive regard for the client.
 - d) The client feels incredibly angry at the therapist as he was not allowed to smoke during the session.

- (vi) Indicate which of the following defenses is typically seen in transference relationship.
- | | |
|-----------------------|---------------|
| a) Reaction Formation | b) Projection |
| c) Rationalization | d) Humor |
- (vii) A client typically says that she wants to date her therapist and no matter how much the therapist tries to bring the focus back on the analysis, the client sticks to the feelings of infatuation. Deduce what is happening here.
- | | |
|------------------------|-------------------------------|
| a) Countertransference | b) Transference as Resistance |
| c) Free Association | d) Emotionality |
- (viii) According to psychoanalysis, identify, which of the following stages does a client regress to in transference neurosis.
- | | |
|------------------|------------------|
| a) Oral stage | b) Anal stage |
| c) Phallic stage | d) Genital stage |
- (ix) Identify the technique in Gestalt Therapy that involves role-playing different parts of oneself or conflicting emotions.
- | | |
|---------------------|-----------------------------|
| a) Dream analysis | b) Empty chair technique |
| c) Free association | d) Rational Emotive Imagery |
- (x) Select which of the following is a characteristic of Top Dog according to Gestalt therapy.
- | | |
|---------------|-------------|
| a) Altruistic | b) Helpless |
| c) Demanding | d) Weak |
- (xi) Connect the book *Man's Search for Himself* with the correct author.
- | | |
|------------------|---------------------|
| a) Rollo May | b) Irvin Yalom |
| c) Viktor Frankl | d) Martin Heidegger |
- (xii) Infer what is emphasized by Existential therapy.
- | | |
|--|---|
| a) Analyzing childhood experiences | b) Discovering unconscious motives |
| c) Individual responsibility and freedom | d) Identifying maladaptive thought patterns |
- (xiii) Infer what is true about suffering according to Existential therapy.
- | | |
|--|---|
| a) Is inherent in the human condition | b) Can be eliminated through medication |
| c) Is caused by external circumstances | d) Indicates psychological pathology |
- (xiv) Choose the option which is NOT a module of DBT.
- | | |
|----------------|-----------------------|
| a) Mindfulness | b) Emotion Regulation |
| c) Hypnosis | d) Distress Tolerance |
- (xv) Choose the correct meaning of the word Dialectical.
- | | |
|--|---------------------------------|
| a) The balance between opposing forces | b) The focus on language skills |
| c) A type of cognitive restructuring | d) A method of group therapy |

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Briefly describe what is Psychotherapy. (3)
3. Illustrate the responsibilities of the therapist in psychotherapy. (3)
4. Explain the nature of transference. (3)
5. Explain what is meant by the word Fixation. (3)
6. Explain the nature of existential anxiety. (3)

OR

Explain Unfinished Business in Gestalt Therapy. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

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7. Compare the different types of conflicts that may arise during human development while referring to psychosocial stages of Erikson. (5)
8. Estimate the application of humanistic person centred therapy in crisis intervention. (5)
9. Appraise the basic principles of Motivational Interviewing. (5)
10. Illustrate some factors that lead to marital distress. (5)
11. Develop a model CBT based therapy plan for a patient diagnosed with Major Depressive Disorder. (5)
12. Evaluate the nature of Field theory from the Gestalt Therapy perspective. (5)

OR

- Appraise the basic structure of the empty chair technique of Gestalt Therapy. (5)

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