DECEMBER 2022 **P/ID 28718/PCY4U**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. Define solution focused therapy.
2. Write the benefits of music therapy.
3. What is termination?
4. What are the characteristics of a counsellor?
5. Define narrative therapy.
6. Define empathy.
7. What is MBCT?
8. Define counter transference.
9. Define counselling.
10. What is expressive art therapy?
11. Define psychotherapy.
12. What is unconditional positive regard?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Discuss about the different therapeutic techniques used in counselling.

14. Give an overview of expressive art therapy.

15. Write about the application and use of play therapy.

16. Explain the therapeutic relationship in counselling.

17. Write a short note on Cathy A Malchiodi.

18. Write about the role of therapist and client.

19. Write a brief note on Mindfulness based cognitive therapy.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Give an overview about solution focused therapy.

21. Give an account on music therapy.

22. Write a note on drama and play therapy.

23. Explain the phases of therapy.

24. Explain the dialectical behavior therapy.

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