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Mid Term Examinations - October 2026

Date: 07/10/2026 **Time:** 09:30 AM - 11:00 AM

Course Code: MSP4305 **Course Name:** Psychotherapies and Counselling Skills

Semester: Third Semester **Max. Marks:** 50 **Weightage:** 50%

CO - Levels	CO1	CO2	CO3	CO4
Marks	10	20	40	20

PART A: Answer Following Questions. 10 M

Q.N.	Questions	M	CO	BT
1	Explain the importance of empathy in the therapeutic relationship.	2	CO1	BT2
2	What is meant by congruence in psychotherapy?	2	CO1	BT2
3	Explain the distinction between psychotherapy and guidance.	2	CO1	BT2
4	Explain operant conditioning as a principle of behaviour therapy.	2	CO1	BT2
5	What is cognitive restructuring in Beck's cognitive therapy?	2	CO1	BT2

PART B : Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
6	A college student approaches a counselor because of difficulty making an important academic decision. Apply the distinction between counseling, guidance, and psychotherapy to determine how the professional could conceptualize the student's need.	10	CO2	BT3
7	A client is hesitant to discuss personal concerns because of previous negative experiences with helping professionals. Apply the principles of empathy, acceptance, and congruence to establish an effective helping relationship.	10	CO2	BT3

PART C: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
8	A client frequently thinks, “If I do not perform perfectly, I am a complete failure.” Analyze the cognitive components of this statement using Beck's cognitive approach.	10	CO3	BT4
9	A student receives one low examination score and concludes, “I will always perform badly in every subject.” Analyze the cognitive processes reflected in this conclusion using Beck's cognitive model.	10	CO3	BT4

PART D: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
10	A student becomes extremely distressed after being rejected for a desired opportunity and thinks, “This should never have happened to me.” Evaluate the belief using the ABC model of REBT and demonstrate appropriate disputation.	10	CO4	BT5

11	A client reports that they frequently become defensive whenever their therapist gives feedback and says that criticism reminds them of earlier experiences with authority figures. Evaluate how psychodynamic concepts could contribute to understanding this therapeutic interaction.	10	CO4	BT5

PART E: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
12	A client develops a fear response after repeatedly associating a particular situation with an unpleasant experience. Analyze the learning process involved and explain the behavioural pattern using classical conditioning.	10	CO3	BT4
13	A child begins completing household tasks more frequently after receiving praise from a parent. Analyze this behavioural change using the principles of operant conditioning.	10	CO3	BT4