

PGDGC 2nd Semester Examination, 2022

Therapeutic Approaches

Course: PGDGC 006

Time: 2 hrs

Full Marks: 50

*The figure in the right-hand margin indicates marks.
Candidates are required to give their answer in their own
words and to the point as far as practicable.*

Answer any **five** of the following questions:

10 x 5 = 50

1. Briefly discuss the various ego defence mechanisms.
2. Discuss in brief two strategies for coping with stress. 5+5
3. Explain the benefits of Milieu therapy and Music therapy. 5+5
4. Design a detailed counselling plan for counselling a person who has lost family member to Covid 19.
5. Discuss Freud's theory of Unconscious and its application in psychological counselling.
6. Mention the steps of CBT and briefly discuss how it may be applied to a person suffering from depression. 3+7
7. What are dreams? How can dream analysis help in counselling?