Enrolment No. _____

AHMEDABAD UNIVERSITY

SCHOOL OF ARTS AND SCIENCES

UNDERGRADUATE PROGRAMMES

2025-2026 MONSOON SEMESTER

END SEMESTER EXAMINATION

PSY 350 COUNSELLING PSYCHOLOGY

Date: 04-12-2025 Total Marks: 30

Time: 05:00 PM – 07.00 PM No. of printed pages: 2

General Instructions:

1. Students must carry their identity card during the examination.
2. No break is allowed during the examination under any circumstances. In case of an emergency, with prior permission of the invigilator and an escort, a break of maximum five minutes is allowed.
3. No unauthorized devices, such as mobile phones, any kind of watches, other gadgets, or any kind of material is allowed on person.
4. Any violation of examination rules and an intent of malpractice will lead to strict disciplinary action, including a possible expulsion from the university.

Course Specific Instructions:

1. Attempt any three questions out of five
2. Each question carries 10 marks
3. Write in neat and legible handwriting

Answer any three out of five

1. Describe the major theoretical foundations of Gestalt therapy. Use an everyday example to show how a client might shift between figure and ground in daily life.
2. Explain Freud's structural model of the personality—id, ego, and superego. Describe how these systems interact to influence human behaviour according to psychoanalytic theory while highlighting the role of defence mechanisms.
3. Describe in detail the three core therapeutic conditions—empathy, congruence, and unconditional positive regard—in Person-Centred Therapy. Explain how they contribute to therapeutic change.
4. Analyse the use of techniques (or deliberate non-use of techniques) in the three approaches: Gestalt, psychodynamic and PCT. Discuss how the empty-chair experiment, empathic reflection, and free association reflect the underlying assumptions of each therapeutic model.
5. Describe the key concepts of Rational Emotive Behaviour Therapy (REBT). Discuss Ellis's view of emotional disturbance, the role of irrational beliefs, and the three basic "musts" that contribute to maladaptive emotions and behaviours.