



**TAMIL NADU OPEN UNIVERSITY**  
**Chennai - 15**  
**School of Social Science**  
**SPOT ASSIGNMENT**

Programme Code No	: 232
Programme Name	: M.Sc., Counselling Psychotherapy Second year
Course Code & Name	: MCPS- 21, Principles and Techniques of Psychotherapy
Batch	: For those Candidates Admitted in AY 2019-2020 and Before
No. of Assignments	: One Assignment for Each 2 Credits
Maximum CIA Marks	: 25 (Average of Total No. of Assignment)

**Assignment - 1**

Max : 25 Marks

**Answer any one of the question not exceeding 1000 words**

1. Write short notes on negative beliefs.
2. Explain the role of Catharsis in psychotherapy.
3. Write short notes on Neuro Linguistic programming.

**Assignment - 2**

**Answer any one of the question not exceeding 1000 words**

1. Elaborate in detail about the therapeutic skills needed for psychotherapy and patient management.
2. Explain Mental Status Examination in detail and its importance in psychotherapy.
3. Differentiate and discuss about psychotherapy and social case work.

### Assignment - 3

1. Discuss in detail about the objectives of psychotherapy and the techniques to achieve them.
2. Describe the cognitive behaviour therapy model of management for depression.
3. Describe the ethical and practice issues in the field of psychotherapy.



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Programme Code No	: 232
Programme Name	: M.Sc., Counselling Psychotherapy Second year
Course Code & Name	: MCPS- 22, BEHAVIOUR THERAPIES
Batch	: For those Candidates Admitted in AY 2019-2020 and Before
No. of Assignments	: One Assignment for Each 2 Credits
Maximum CIA Marks	: 25 (Average of Total No. of Assignment)

**Assignment - 1**

Max : 25 Marks

**Answer any one of the question not exceeding 1000 words**

1. Write short notes on Extinction Procedure.
2. Write about the steps involved in behaviour modification of depressive patients.
3. What is implosive therapy?

**Assignment - 2**

**Answer any one of the question not exceeding 1000 words**

1. Discuss in detail about the objectives of psychotherapy and the techniques to achieve them.
2. Describe the cognitive behaviour therapy management for depression.
3. Elaborate in detail about the therapeutic skills needed for psychotherapy and patient management.

### **Assignment - 3**

1. Differentiate and discuss about psychotherapy and social case work.
2. Discuss in detail about the role and importance of statistics in the field of psychotherapy.
3. Describe the ethical and practice issues in the field of psychotherapy.



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Programme Code No : 232  
Programme Name : M.Sc., Counselling Psychotherapy Second year  
Course Code & Name : MCPS- 23, PSYCHOTHERAPIES  
Batch : For those Candidates Admitted in AY 2019-2020 and Before  
No. of Assignments : One Assignment for Each 2 Credits  
Maximum CIA Marks : 25 (Average of Total No. of Assignment)

**Assignment - 1**

Max : 25 Marks

**Answer any one of the question not exceeding 1000 words**

1. Write short notes about Sigmund Freud and his Psychoanalysis
2. Explain Client Centred Therapy
3. Explain the Nature of automatic talk

**Assignment - 2**

**Answer any one of the question not exceeding 1000 words**

1. Write detailed account on Gestalt Psychotherapy
2. Explain the difference between the Existential Therapy and Psychoanalytic Psychotherapy
3. Explain the three Types of Ego states and various types of Transactions

**Assignment - 3**

**Answer any one of the question not exceeding 1000 words**

1. Discuss about the nature and effectiveness of family therapy
2. What are the cognitive methods for treatment of Moderate level Depression?
3. Explain about Eastern Psychotherapies and its effectiveness



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Programme Code No	: 232
Programme Name	: M.Sc., Counselling Psychotherapy Second year Course
Code & Name	: MCP- 24, CLINICAL ASSESSMENT
Batch	: For those Candidates Admitted in AY 2019-2020 and Before
No. of Assignments	: One Assignment for Each 2 Credits
Maximum CIA Marks	: 25 (Average of Total No. of Assignment)

#### Assignment - 1

Max : 25 Marks

**Answer any one of the question not exceeding 1000 words**

1. Identify the principal characteristics of a psychological test.
2. Delineate the cautions for the use of psychological tests.
3. Enumerate the principles of projective techniques.

#### Assignment - 2

**Answer any one of the question not exceeding 1000 words**

1. Delineate major classifications of psychological tests.
2. Enumerate the different types of intelligence tests.
3. Critically Examine the various views on intelligence.

### Assignment - 3

**Answer any one of the question not exceeding 1000 words**

1. Enumerate the difficulties in personality testing.
2. Distinguish between interest and attitude testing.
3. Explain various types of interest testing.