

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2023
(Second Semester)

Branch – CLINICAL PSYCHOLOGY

PSYCHOTHERAPY - I

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (5 x 1 = 5)

- 1 Which of the following helps the individual cope with anxiety and prevent the ego from being overwhelmed?
(i) Ego Defense Mechanisms (ii) Personality
(iii) Unconsciousness (iv) Anxiety
- 2 Who was a central figure in developing existential therapy in Europe and also in bringing it to the United States?
(i) Rollo May (ii) William James
(iii) Viktor Frankl (iv) J B Watson
- 3 Which therapy has a basic assumption that individuals have the capacity to self regulate when they are aware of what is happening in and around them?
(i) Behavioural (ii) Reality
(iii) Adlerian (iv) Gestalt
- 4 Which therapy practitioners focus on observable behavior, current determinants of behavior, learning experiences that promote change, tailoring treatment strategies to individual clients, and rigorous assessment and evaluation?
(i) Existential (ii) Behaviour
(iii) Psychoanalytic (iv) Reality
- 5 Which consists of a combination of information giving, Socratic discussion, cognitive restructuring, problem solving, relaxation training, behavioral rehearsals, self-monitoring, self-instruction, self-reinforcement, and modifying environmental situations?
(i) Reciprocal Inhibition (ii) Flooding
(iii) Stress inoculation technique (iv) Systematic Desensitization

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Discuss the main characteristics of psychotherapy.
OR
b State the structure of personality under the key concepts of Psychoanalytic therapy.
- 7 a Analyze Therapist's function and role under Existential Therapy.
OR
b State the key concepts under person centered therapy.
- 8 a Classify some basic principles of Gestalt Therapy.
OR
b State the therapeutic goals of Reality Therapy.

Cont...

- 9 a State the goals of Behaviour Therapy.
OR
b Discuss in brief Therapist Function and Role under Behaviour Therapy.
- 10 a Discuss the views of emotional nature under Rational Emotive Behaviour Therapy.
OR
b State the behaviour change stages under Meichenbaum's Behaviour Modification.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 11 a Analyze the supportive, Re – educative and Reconstructive forms of psychotherapy.
OR
b Elucidate the therapeutic process under Adlerian Therapy.
- 12 a Evaluate any three propositions under the key concepts of Existential Therapy.
OR
b Assess the relationship between therapist and client under person centered therapy.
- 13 a Elucidate the therapeutic techniques under Gestalt therapy.
OR
b Assess the various characteristics of Reality Therapy.
- 14 a Elucidate the six various characteristics of Behaviour therapy.
OR
b Elucidate any 3 therapeutic techniques under Behaviour therapy.
- 15 a Assess the A-B-C framework under Rational Emotive Behaviour Therapy.
OR
b Elucidate the various cognitive distortions under Beck's Cognitive therapy.

Z-Z-Z

END