

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2024
(Sixth Semester)

Branch- PSYCHOLOGY

**DISCIPLINE SPECIFIC ELECTIVE – II: FUNDAMENTALS OF
PSYCHOTHERAPIES**

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

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

- 1 Match – Closing one's eyes to the existence of a threatening aspect of reality.
(i) Repression (ii) Sublimation
(iii) Projection (iv) Denial
- 2 Which refers to a directional process of striving toward realization, fulfillment, autonomy and self-determination?
(i) Actualizing tendency (ii) Congruence
(iii) Striving tendency (iv) Realness
- 3 Who developed REBT?
(i) Aaron Beck (ii) Rogers
(iii) Albert Ellis (iv) Carl Jung
- 4 Find the acronym used by Wubbolding to describe key procedures in reality therapy.
(i) WDEP (ii) WEGP
(iii) WGEP (iv) WPER
- 5 What is the main SFBT technique?
(i) Scaling questions (ii) Miracle questions
(iii) Exception questions (iv) Terminating

SECTION - B (15 Marks)

Answer ALL Questions

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

- 6 a Explain the structure of personality in psychoanalytic therapy.
OR
b Discuss about relational psychoanalysis.
- 7 a Discuss about the four periods of development of the approach in client centered therapy.
OR
b State about some principles of gestalt therapy theory.
- 8 a Explain cognitive distortions.
OR
b Illustrate the applications of REBT.

Cont...

- 9 a Classify the view of human nature in reality therapy.
OR
b Organize the therapist's function and role in existential therapy.
- 10 a Elaborate about key concepts of transactional analysis.
OR
b Justify the key concepts of narrative therapy.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Elucidate the ethical issues in counseling.
OR
b Evaluate the therapeutic process of psychoanalytic therapy.
- 12 a Recommend any 5 therapeutic techniques in behavior therapy.
OR
b Elaborate the gestalt therapy interventions.
- 13 a Justify the behavior modification and its process.
OR
b Develop various key concepts of REBT.
- 14 a Create the characteristics of reality therapy.
OR
b Assess the preposition – striving for identity and relationship to others.
- 15 a Differentiate SFBT and narrative therapy.
OR
b Discuss about the applications of transactional analysis.

Z-Z-Z

END