

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2022  
(Third Semester)

Branch – APPLIED PSYCHOLOGY

**DISCIPLINE SPECIFIC ELECTIVE – I: PSYCHOTHERAPEUTICS**

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

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

1. Which is the center point for Adler's theory of maladjustment?  
(i) The psychotic (ii) The neurotic  
(iii) The sociopath. (iv) The inferiority complex
2. Who developed Logo therapy?  
(i) Victor Frankl (ii) Rollo May  
(iii) Otto Rank (iv) Carl Rogers
3. Who is the founder of choice therapy?  
(i) Albert Ellis (ii) Joseph Wolpe  
(iii) Albert Bandura (iv) William Glasser
4. Which consists of intense and prolonged exposure to the actual anxiety producing stimuli?  
(i) In vivo flooding (ii) Systematic Desensitization  
(iii) Progressive relaxation (iv) positive punishment
5. Which integration combines the advantages of a single coherent theoretical system with the flexibility of a variety of interventions from multiple systems?  
(i) Psychotherapy (ii) Assimilative  
(iii) Technical (iv) Theoretical

**SECTION - B (15 Marks)**

Answer ALL Questions

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

6. a. Explain various types of Psychotherapy.  
OR  
b. Describe the Applications of Adlerian therapy.
7. a. Explain the view of human nature by Roger's Theory.  
OR  
b. Explain the Striving for Identity and relationship to others.
8. a. Describe the basic premises of Gestalt Therapy.  
OR  
b. Explain the contribution of William Glasser on Psychotherapy.
9. a. Show Meichenbaum's contribution to Behaviour modification.  
OR  
b. Sketch the key concept of Behaviour Therapy.
10. a. Analyze Cyber therapy.  
OR  
b. Enumerate essentials of Mindfulness Therapy.

Cont...

**SECTION -C (30 Marks)**

Answer **ALL** questions

**ALL** questions carry **EQUAL** Marks

(5 x 6 = 30)

11. a. Discover the techniques and procedure of Psychoanalytic therapy.  
OR  
b. Discuss the therapeutic process of Adlerian therapy.
12. a. Highlight the Existential therapy procedures.  
OR  
b. Elucidate the therapeutic procedures in Roger's therapy.
13. a. Elucidate the Techniques of Gestalt therapy.  
OR  
b. Explain the procedures of Reality therapy.
14. a. Discuss the process of Beck's Cognitive therapy on Depression.  
OR  
b. Discover the procedures of Rational emotive behaviour therapy.
15. a. Examine the therapeutic process of Holistic approach.  
OR  
b. Compare Psychodrama and Cognitive Drill therapy.

Z-Z-Z

END