

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2025
(Second Semester)

Branch – CLINICAL PSYCHOLOGY

PSYCOTHERAPY -I

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Who is considered the founder of psychoanalytical therapy? a) Carl Rogers b) Sigmund Freud c) Albert Ellis d) Viktor Frankl	K1	CO1
	2	Which concept in Adlerian therapy refers to an individual's innate desire to fulfill their potential? a) Inferiority complex b) Birth order c) Striving for superiority d) Lifestyle assessment	K2	CO1
2	3	In person-centered therapy, what is the therapist's role primarily focused on? a) Interpreting unconscious motives b) Providing advice and solutions c) Creating a supportive and empathetic environment d) Imposing structure and directives in sessions	K2	CO2
	4	Which concept in existential therapy refers to an individual's struggle with the inherent meaninglessness of life? a) Authenticity b) Existential vacuum c) Logotherapy d) Self-actualization	K1	CO2
3	5	In Gestalt therapy, the emphasis is on: a) Analyzing dreams for hidden meanings b) Integrating unconscious desires into consciousness c) Focusing on here-and-now awareness and personal responsibility d) Exploring early childhood experiences and traumas	K1	CO3
	6	The primary goal of Reality Therapy is to: a) Explore the unconscious mind b) Resolve past conflicts c) Help individuals take responsibility and make effective choices d) Analyze the impact of societal structures on behavior	K2	CO3
4	7	In behavior therapy, what principle involves reinforcing successive approximations of a desired behavior? a) Extinction b) Modeling c) Token economy d) Shaping	K2	CO4
	8	Which psychological approach focuses primarily on observable behaviors and the principles of learning? a) Cognitive therapy b) Behavior therapy c) Psychoanalytic therapy d) Humanistic therapy	K1	CO4
5	9	Cognitive Behavioral Therapy (CBT) focuses on: a) Exploring unconscious desires b) Identifying and modifying irrational thoughts c) Analyzing childhood traumas d) Reshaping personality structure	K1	CO5
	10	Behavior modification primarily relies on principles of: a) Reinforcement and punishment b) Unconscious conflicts c) Interpretation of dreams d) Cognitive restructuring	K2	CO5

Cont...

SECTION - B (35 Marks)
Answer ALL questions
ALL questions carry EQUAL Marks

(5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Build Adlerian therapy.	K3	CO1
		(OR)		
	11.b.	List the characteristics of psychotherapy.		
2	12.a.	Compare existential therapy and person-centered therapy.	K4	CO2
		(OR)		
	12.b.	Analyse the therapeutic process of person-centered therapy.		
3	13.a.	Identify the key principles of Gestalt therapy.	K3	CO3
		(OR)		
	13.b.	Organize the concepts behind reality therapy.		
4	14.a.	Dissect the therapists' function and role in BT.	K4	CO4
		(OR)		
	14.b.	Conclude on Eye movement desensitization and reprocessing.		
5	15.a.	Construct ABC Model of therapy.	K3	CO5
		(OR)		
	15.b.	Categorize cognitive distortions.		

SECTION - C (30 Marks)
Answer ANY THREE questions
ALL questions carry EQUAL Marks

(3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Classify Techniques of Psychoanalytic therapy.	K4	CO1
2	17	Discuss the contributions of Abraham Maslow and Carl Rogers to psychotherapy.	K6	CO2
3	18	Assess the techniques used in Reality Therapy.	K5	CO4
4	19	Appraise Applied Behaviour Analysis.	K5	CO3
5	20	Explain Meichenbaum's behaviour modification.	K5	CO5

Z-Z-Z

END