

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2025
(Third Semester)

Branch – CLINICAL PSYCHOLOGY

PSYCHOTHERAPY - II

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Question No.	Question	K Level	CO
1.	Mindfulness based therapy doesn't talk about a) Non judgemental b) Acceptance c) Being in the present d) Catharsis	K1	CO1
2.	What does DBT techniques include? a) Distress tolerance b) Mindfulness c) Emotional regulation d) All the above	K2	CO1
3.	What does expressed emotion include? a) Criticality b) Emotional over-involvement c) Hostility d) All the above	K1	CO2
4.	According to Duvall and Miller, the _____ stage is part of the family life cycle a) 6 b) 7 c) 8 d) 4	K2	CO2
5.	What does AA stands for? a) Alcohol anonymous b) Alcohol attenders c) Active advise d) None of the above	K1	CO3
6.	Which of the following is not included in the stages of group therapy? a) Forming, and storming b) Norming c) Performing and adjourning d) Connecting	K2	CO3
7.	Which of the following is not an internalising disorder? a) Anxiety b) Depression c) ADHD d) Somatic complaint	K1	CO4
8.	What does the term dysgraphia means? a) Problem in arithmetic b) Problem in reading c) Problem in writing d) Problem in spelling	K2	CO4
9.	Which of the following client characteristic are important for therapy success ? a) Motivation b) Willingness to change c) Involving in the therapy process d) All of the above	K1	CO5
10.	Which of the following is not a therapist variable? a) The therapeutic alliance b) Intelligence c) Novelty seeking d) Personality	K2	CO5

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 × 7 = 35)

Question No.	Question	K Level	CO
11.a.	Examine the techniques used in Mind fulness – Based cognitive Therapy.	K4	CO1
	(OR)		
11.b	Examine the basic concepts of Acceptance and commitment Therapy.		
12.a.	Explain the three principles of interviews in Marital and Family therapy.	K5	CO2
	(OR)		
12.b	Explain the basic concept of structural family therapy.		
13.a.	Explain in detail about group therapy for caregivers.	K5	CO4
	(OR)		
13.b	Explain the types of group therapy.		
14.a.	Explain the interventions for externalising disorders.	K5	CO3
	(OR)		
14.b.	Explain in detail about trauma and abuse.		
15.a.	Discuss in detail about therapeutic alliance.	K6	CO5
	(OR)		
15.b.	Elaborate the client variables.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks

(3 × 10 = 30)

Question No.	Question	K Level	CO
16.	Analyse the dialectical behaviour therapy.	K4	CO1
17.	Explain systemic therapy.	K5	CO2
18.	Examine the theoretical models and process issues related to group therapy.	K4	CO3
19.	Explain parent and family counselling in relation to chronic mental disorders.	K5	CO4
20.	Discuss about specific variables affecting psychotherapy.	K6	CO5

Z-Z-Z

END