

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION MAY 2026
(Second Semester)**

Branch - CLINICAL PSYCHOLOGY

PSYCHOTHERAPEUTICS – I / PSYCHOTHERAPY – 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	Insight-oriented therapies primarily focus on _____. (i) symptom relief without exploration (ii) increasing self-awareness and understanding (iii) environmental manipulation (iv) pharmacological intervention	K1	CO1
	2	In Adlerian therapy, the term "fictional finalism" refers to _____. (i) repressed childhood memories (ii) an imagined future goal guiding behaviour (iii) the collective unconscious (iv) defense mechanisms	K2	CO1
2	3	Systematic desensitization is a technique primarily used to treat _____. (i) depression (ii) phobias and anxiety (iii) schizophrenia (iv) personality disorders	K1	CO2
	4	EMDR (Eye Movement Desensitization and Reprocessing) is primarily used for (i) panic disorder (ii) trauma and PTSD (iii) obsessive-compulsive disorder (iv) eating disorders	K2	CO2
3	5	In REBT, the "C" in the ABC framework stands for (i) cognition (ii) consequence (iii) coping (iv) correction	K1	CO3
	6	Beck's Cognitive Therapy identifies negative automatic thoughts as originating from _____. (i) unconscious conflicts (ii) dysfunctional core beliefs (iii) conditioned responses (iv) existential anxiety	K2	CO3
4	7	The concept of "unconditional positive regard" is central to _____. (i) Psychoanalytic therapy (ii) Person-Centered therapy (iii) Reality therapy (iv) Behaviour therapy	K1	CO4
	8	Existential therapy emphasizes which of the following as a core human concern? (i) Repression (ii) Freedom and responsibility (iii) Reinforcement schedules (iv) Dream analysis	K2	CO4
5	9	The "empty chair" technique is associated with _____. (i) Reality therapy (ii) Gestalt therapy (iii) REBT (iv) Psychoanalysis	K1	CO5
	10	In Reality therapy, which of the following is considered a basic human need? (i) Self-actualization (ii) Belonging (iii) Catharsis (iv) Insight	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.	Outline the basic elements of a psychotherapy session including structuring, goal setting, and psychoeducation.	K2	CO1
		(OR)		
	11.b.	Explain action-oriented and insight-oriented therapies with suitable examples.		
2	12.a.	List the key concepts of person – centered therapy.	K4	CO2
		(OR)		
	12.b.	List the key concepts of existential therapy.		
3	13.a.	Examine the ABC framework of Rational Emotive Behaviour Therapy and illustrate with a clinical case.	K4	CO3
		(OR)		
	13.b.	Analyse Beck's Cognitive Therapy with emphasis on cognitive distortions and therapeutic techniques.		
4	14.a.	Explain the key concepts and therapeutic processes of Gestalt therapy.	K5	CO4
		(OR)		
	14.b.	Explain the WDEP system in Reality therapy and its application in clinical settings.		
5	15.a.	Explain in vivo exposure & flooding.	K5	CO5
		(OR)		
	15.b.	Explain the steps in PMR.		

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	Explain the psychoanalytic therapeutic process.	K3	CO1
2	17	Assess the effectiveness of Behaviour therapy techniques including systemic desensitization and flooding.	K5	CO2
3	18	Evaluate Meichenbaum's Cognitive Behaviour Modification.	K5	CO5
4	19	Examine the existential approach to therapy with emphasis on key concepts (freedom, responsibility, meaning, anxiety) and therapeutic techniques. Differentiate it from Person-Centred therapy.	K4	CO3
5	20	Inspect the therapeutic processes and techniques of Gestalt therapy. Evaluate the role of awareness, contact, and unfinished business in the therapeutic journey.	K4	CO4