

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2022
(Sixth Semester)

Branch – PSYCHOLOGY

DISCIPLINE SPECIFIC ELECTIVE – II FUNDAMENTALS OF PSYCHOTHERAPIES

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 x 1 = 10)

- 1 Which of these is not an approach to psychological interventions?
(i) motivational interviewing (ii) humanistic therapy
(iii) cognitive behaviour therapy (iv) group therapy
- 2 Each of the following is part of the definition of psychotherapy except:
(i) trained professional (ii) psychological methods
(iii) medical treatment method (iv) based on psychological theory
- 3 Person-centred therapy is best described as
(i) confrontive (ii) structured
(iii) nondirective (iv) objectives
- 4 Which of the following is a non directive therapy?
(i) Rational emotive therapy (ii) Beck's cognitive therapy
(iii) Client-centred therapy (iv) Reality therapy
- 5 Behaviour modification is a type of:
(i) behaviour therapy (ii) cognitive behaviour therapy
(iii) Humanistic therapy (iv) client-centred therapy
- 6 Beck's cognitive therapy for depression requires the individual to:
(i) make objective assessment of their beliefs
(ii) keep a dream diary
(iii) keep a mood diary
(iv) set attainable life goals
- 7 It is generally considered that cognitive behavioural therapy changes:
(i) Thought processes (ii) Behaviour
(iii) Thoughts and behaviour (iv) Mood states
- 8 Which of the following statements finds support from an existentialist teacher?
(i) Education is value centric (ii) Education is instinctive
(iii) Education is contextual (iv) Education is perennial
- 9 Who among the following is not an existential therapist?
(i) Viktor Frankl (ii) Irvan Yalom
(iii) William Glasser (iv) Rollo may
- 10 The ego state most preferred for optimum mental health is
(i) the parent (ii) the child
(iii) the adult (iv) no ego state is preferred over the other.

Cont...

SECTION - B (35 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks

(5 x 7 = 35)

- 11 a Discuss ethical issues in counselling.
OR
b Write a note on Relational psychoanalysis.
- 12 a List out and explain the personal growth techniques of gestalt therapy.
OR
b What are the benefits of behaviour therapy?
- 13 a Briefly explain Aron beck's cognitive behaviour therapy.
OR
b Give a short note on the process of behaviour modification.
- 14 a Describe the main focus of existential therapy.
OR
b List out the criticisms and limitations of reality therapy.
- 15 a Give a note on the goals of transactional analysis.
OR
b Write a short note on social constructionism.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks

(3 x 10 = 30)

- 16 Given a detailed account of Jung's perspectives on development of personality.
- 17 Elaborate on Gestalt therapy.
- 18 Examine the emotive techniques.
- 19 List out the techniques used in existential therapy.
- 20 Elaborate on the approaches of postmodern therapy.

Z-Z-Z

END