

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

**MSc DEGREE EXAMINATION DECEMBER 2018  
(Third Semester)**

Branch - **APPLIED PSYCHOLOGY**

**CORE ELECTIVE ! - PSYCHOTHERAPEUTICS**

Time: Three Hours

Maximum: 75 Marks

**SECTION -A (30 Marks!)**

Answer **ALL** questions  
**ALL** questions carry **EQUAL** Marks ( 5 x 6 = 30)

- 1 a What are the steps in systematic desensitization?  
OR  
b Describe Rational Emotive therapy and its uses.
- 2 a Give an account of the transpersonal approach.  
OR  
b Describe the process of the holistic approach.
- 3 a What are the key concepts of Gestalt therapy?  
OR  
b Describe the techniques used in reality therapy.
- 4 a What are the benefits of group therapy?  
OR  
b What are the key concepts of psychoanalytic therapy?
- 5 a What are the goals of the person - centered therapy?  
OR  
b Examine the key concepts of existential therapy.

**SECTION -B (45 Marks!)**

Answer any **THREE** questions  
**ALL** questions carry **EQUAL** Marks ( 3 x 15 = 45)

- 6 Give an account of the different forms of psychotherapy.
- 7 Critically examine the client - centered approach.
- 8 Examine the therapeutic process of Gestalt therapy.
- 9 Give a detailed account of Beck's cognitive therapy and its applications.
- 10 Explain the different type of expressive therapies and their uses.