PSG COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2024

(Second Semester)

Branch- CLNICAL PSYCHOLOGY PSYCHOTHERAPY -I

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

 $(10 \times 1 = 10)$

		ALL questions carry EQUAL marks (10 ×	(1=10)	,
Module No.	Question No.	Question	K Level	СО
1	1	According to Freud's psychoanalytic theory, which component of the mind operates on the pleasure principle and seeks immediate gratification? a) Ego b) Superego c) Id d) Conscious mind	K1	CO1
	2	Which of the following concepts is central to existential therapy? a) Unconditional positive regard b) Authenticity and self-awareness c) Behavioral conditioning d) Analyzing early childhood experiences	K2	CO2
2	3	Which principle is fundamental to Gestalt therapy? a) Examining unconscious conflicts b) Focusing on immediate experiences c) Analyzing childhood traumas d) Relying on medication for treatment	K1	CO3
	4	What is a primary technique used in classical conditioning-based behavior therapy to eliminate unwanted behaviors? a) Systematic desensitization b) Operant conditioning c) Cognitive restructuring d) Exposure therapy	K2	CO4
3	5	Which cognitive distortion involves viewing situations in black- and-white terms, without considering any middle ground? a) Catastrophizing b) Overgeneralization c) Dichotomous thinking d) Personalization	K1	COS
	6	What is the primary focus of Adlerian therapy? a) Analyzing unconscious conflicts b) Exploring early childhood experiences c) Encouraging self-understanding and self-actualization d) Resolving Oedipal conflicts	K2	COI
4	7	In person-centered therapy, what does the term "congruence" refer to? a) Acceptance and empathy b) Authenticity and genuineness c) Unconditional positive regard d) Reflective listening techniques	K1	CO2
	8	According to reality therapy, what is the role of the therapist in the therapeutic process? a) Interpreting dreams and symbols b) Offering unconditional positive regard c) Guiding clients towards self-awareness and responsibility d) Diagnosing and prescribing medication	K2	CO3

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5	9	In behavior therapy, what is the process of reinforcing successive approximations toward a desired behavior called? a) Positive reinforcement b) Extinction c) Shaping d) Punishment	K1	CO4
	10	Which cognitive therapy emphasizes identifying and challenging irrational beliefs to change emotional reactions and behaviors? a) Rational Emotive Behavior Therapy (REBT) b) Dialectical Behavior Therapy (DBT) c) Mindfulness-Based Cognitive Therapy (MBCT) d) Cognitive-Behavioral Therapy (CBT)	K2	CO5

SECTION - B (35 Marks) Answer ALL questions

		ALL questions carry EQUAL Marks $(5 \times 7 = 35)$		
Module No.	Question No.	Question	K Level	CO
1	11.a.	Organize the concept of person-centered therapy.		
		(OR)	K3	CO2
	11.b.	Develop the existential therapeutic process.		
	12.a.	Analyze the meaning, concept and characteristics of psychotherapy.	- K4	CO1
2		(OR)	- K4	
	12.b.	Distinguish psychoanalytical therapy and Adlerian therapy.		
	13.a.	Identify the techniques used in Gestalt therapy.	K3	CO3
3		(OR)		
	13.b.	Note the key concepts of reality therapy.		
4	14.a. Examine the concept of systematic desensitization.	- K4	CO4	
		(OR)		
	14.b.	Simplify the concepts of in vivo exposure and flooding.	-	-
5	15.a.	Organize the features of REBT.	- 1/0	005
		(OR)	K3	CO5
	15.b.	Build the generic cognitive model.		

SECTION -C (30 Marks)

Answer ANY THREE questions

	ALL questions carry EQUAL Marks	$(3\times10=30)$
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Module No.	Question No.	Question	K Level	СО
1	16	Identify the key elements of psychoanalytic therapy.	K3	CO1
2	17	Criticize the techniques used in existential therapy.	K4	CO2
3	18	Compile the concepts of gestalt therapy.	K5	CO3
4	19	Discuss in detail about EMDR and JPMR.	K6	CO4
5	20	Compare the application of REBT and CBT.	K5	CO5