

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 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Organize the concept of person-centered therapy.	K3	CO2
	(OR)			
	11.b.	Develop the existential therapeutic process.		
2	12.a.	Analyze the meaning, concept and characteristics of psychotherapy.	K4	CO1
	(OR)			
	12.b.	Distinguish psychoanalytical therapy and Adlerian therapy.		
3	13.a.	Identify the techniques used in Gestalt therapy.	K3	CO3
	(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.	K3	CO5
	(OR)			
	15.b.	Build the generic cognitive model.		

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	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

Z-Z-Z

END