

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2023
(Third Semester)

Branch – CLINICAL PSYCHOLOGY

PSYCHOTHERAPY – II

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 Who developed the MBSR program?
(i) Jon Kabat-Zinn (ii) Deepak Chopra
(iii) Eckhart Toll (iv) Thich Nhat Hanh
- 2 Which of the following components is NOT typically assessed to determine Expressed Emotion (EE)?
(i) Criticism (ii) Hostility
(iii) Warmth (iv) Emotional over involvement
- 3 What type of counseling group typically focuses on a specific issue or problem and is time-limited?
(i) Support Group (ii) Psychoeducational Group
(iii) Process Group (iv) Self-Help Group
4. Which of the following is a common internalizing disorder among children and adolescents?
(i) Conduct Disorder (ii) Antisocial Personality Disorder
(iii) Anxiety Disorder (iv) Oppositional Defiant Disorder
- 5 Which of the following is the client related variable that can impact the success of the psychotherapy?
(i) Therapist theoretical orientation (ii) Therapeutic techniques
(iii) Client motivation and engagement (iv) Duration of therapy

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Show Application of mindfulness based stress reduction.
OR
b Illustrate basic concepts of acceptance and commitment therapy.
- 7 a Discuss five components of expressed emotions.
OR
b Explain Mc Goldricks six stage theory.
- 8 a Show types of groups.
OR
b Illustrate alcoholic anonymous.
- 9 a Discuss the parent and family counseling for children with special condition.
OR
b Illustrate intervention for an internalizing disorders.
- 10 a Explain placebo effects in psychotherapy.
OR
b Illustrate client variable affecting the Psychotherapy.

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Elucidate techniques of dialectical behavior therapy.
OR
b Determine techniques of acceptance and commitment therapy.
- 12 a Analyze techniques in structural family therapy.
OR
b Illustrate assessment of expressed emotion.
- 13 a Elucidate stages of group therapy.
OR
b Formulate group therapy for caregivers.
- 14 a Elucidate disorder of scholastic skills.
OR
b Determine chronic mental disorders.
- 15 a Justify social and environmental variable in psychotherapy.
OR
b Enumerate therapist and process related variable in psychotherapy.

Z-Z-Z

END