

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION MAY 2022
(Sixth Semester)

Branch – PSYCHOLOGY

DISCIPLINE SPECIFIC ELECTIVE –II
FUNDAMENTALS OF PSYCHOTHERAPIE

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

1. According to the psychodynamic view dream analysis is one of the central tenets of
a) psychoanalysis
b) cognitive behaviour therapy
c) humanistic therapy
d) client centred therapy
2. Empathy involves
a) feeling sorry for someone
b) putting others before yourself
c) putting yourself in someone else's shoes
d) put yourself before others
3. Person-centred therapy is best described as
a) confrontive
b) structured
c) nondirective
d) objectives
4. Nondirective therapy is a
a) Rational emotive therapy
b) Beck's cognitive therapy
c) Client-centred therapy
d) existential therapy
5. Behaviour analysis is based upon the principles of:
a) Classical conditioning
b) Operant conditioning
c) Dream analysis
d) observational learning
6. Cognitive therapy was proposed by
a. Melanie Kline
b. Winnicott
c. Meichenbaum
d. Beck
7. The main founder of existentialism is _____
a) William James
b) John Ruskin
c) Soren Kierkegaard
d) John Dewey
8. Glasser's Reality Therapy focused on
a) cognition
b) being
c) actualization
d) identity
9. The ego state most preferred for optimum mental health is
a) the parent
b) the child
c) the adult
d) no ego state is preferred over the other.
10. Of the following, which does not belong to life positions?
a) I'm ok – you're ok and not ok
b) I'm ok- you're not ok
c) I'm not ok – you're ok
d) I'm not ok – you're not ok

Cont...

SECTION - B (35 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 7 = 35)

11. a) Explain the key concepts in psycho analytic the therapy

OR

b) Explain object relations theory.

12. a) State the application of person-centred therapy.

OR

b) Discuss the application of behaviour therapy.

13. a) Narrate the assumptions and goals of cognitive therapy?

OR

b) Explain the cognitive behaviour modification.

14. a) Outline the techniques used in existential therapy?

OR

b) Outline the key concepts of reality therapy.

15. a) Explain the elements of transactional analysis.

OR

b) Explain briefly solution focused brief therapy .

SECTION - C (30 Marks)

Answer any THREE Questions

ALL Questions Carry EQUAL Marks (3 x 10 = 30)

16. Point out the ethical issues in counselling.

17. Discuss the elements and therapeutic process of person center therapy.

18. Explain the therapeutic process of rational emotive behaviour therapy

19. Examine reality therapy process.

20. Elucidate transaction analysis theory.

Z-Z-Z

END