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G – 5236

Reg. No. :

Name :

Fourth Semester M.Sc. Degree Examination, September 2019

Psychology

PC 241 PSYCHOTHERAPY AND BEHAVIOUR MODIFICATIONS

(2017 Admission)

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer any **two** questions. Each carries 15 marks.

1. What is psychotherapy? Discuss the various goals of psychotherapy.
2. Define behaviour modification. Highlight the principles used in various behaviour modification techniques.
3. Critically evaluate the role of gestalt psychotherapy in the management of disorders.
4. What is JPMR? Give an account of how relaxation technique can act as an aid with various therapeutic techniques.

(2 × 15 = 30 Marks)

SECTION – B

Answer any **five** questions. Each carries 5 marks.

5. Psychoanalysis.
6. Cognitive behavioural therapy.

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7. Supportive therapy and its applications.
8. What is aversion therapy and illustrate its application in any two contexts?
9. Assertiveness training.
10. Give a brief account on group therapy.
11. How creative therapy can be differentiated from traditional therapeutic techniques?
12. Define REBT.

(5 × 5 = 25 Marks)

SECTION – C

Answer any **ten** questions. Each carries **2** marks.

13. Free association.
14. Backup reinforcers.
15. Incongruence.
16. Rogerian therapy.
17. Behavioural rehearsal.
18. Movement therapy.
19. Top dog-under dog.
20. Freudian slip.



21. IPT.
22. Systems theory.
23. ABCD crisis intervention.
24. Life script.

(10 × 2 = 20 Marks)

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