



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2025

II SEMESTER

Class : I M.Sc

Major : Applied Psychology

Time: 2 hours

Maximum Marks: 60

22MAPC07 PSYCHOTHERAPY

Course Outcomes:

At the end of the course, students will:

1. Develop a comprehensive view of the profession of counselling.
2. Prepare the students qualify for professional counselling.
3. Demonstrate knowledge in designing psychological interventions

Part-A

6x1=6

Choose the correct answer

1. What are the three ego states identified by Berne in TA. CO3 K3
 - a. Super-ego, Ego, Id
 - b. Parent, Adult, Child
 - c. Conscious, Subconscious, Unconscious
 - d. Critical, Nurturing, Uninhibited
2. The main originator and developer of Gestalt therapy. CO3 K1
 - a. Natalie Rogers
 - b. Greenberg, L. S.
 - c. Bohart and Watson
 - d. Fritz Perls
3. Refers to what happens prior to learning that creates a response through pairing CO4 K2
 - a. operant conditioning
 - b. classical conditioning
 - c. reinforcement
 - d. behavioural assignment
4. Practicing this can reduce, minimize, and prevent feelings of shame, guilt, anxiety, and depression CO4 K1
 - a. Generic model
 - b. Shame attacking exercises
 - c. Arbitrary inferences
 - d. Role playing
5. It explain differences in the behavior of women and men in terms of socialization processes rather than on the basis of our "innate" natures CO5 K2
 - a. Gender-fair approach
 - b. Life-span perspective
 - c. Relational-cultural theory
 - d. Social Identity Analysis.
6. Refers to form a set of ideas about people, systems and situations that focus meaning in a useful way. CO5 K1
 - a. Generalization
 - b. Hypothesizing
 - c. Facilitating
 - d. Conducting

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain in detail about functional analysis CO3 K1

(or)
7. b. Evaluate the philosophy and basic assumptions underlying Gestalt theory. CO3 K4
- 8.a. Differentiate the four developmental areas of behavior therapy: classical conditioning, operant conditioning, social cognitive theory, and cognitive behavior therapy. CO4 K4

(or)
- 8.b. Understand Meichenbaum's three-phase process of behavior change. CO4 K5
- 9.a. Illustrate the difference between Systemic and Individual Approaches in Family System Therapy CO5 K4

(or)
- 9.b. Write about the Research and Evaluation on Choice therapy CO5 K2

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Evaluate the Key concepts and therapeutic process of Transactional analysis CO3 K5

(or)
- 10.b. Delineate on the influence of Existential on Gestalt therapy. CO3 K2
11. a. Understand how cognitive methods can be applied to change thinking and behavior. CO4 K5

(or)
- 11.b. Describe the role of the client-therapist relationship in the behavioral approaches. CO4 K1
12. a. Differentiate the six interrelated principles associated with feminist therapy CO5 K4

(or)
- 12.b. Identify the contributions and limitations of the family systems approaches. CO5 K4

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Staff in-charge: Mrs M. Sathya