



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Master's Degree Examination – June / July 2021
II Semester

Class : I PG
Major : Applied Psychology

Time : 3 Hours
Max. Marks : 100

20MAPC07 Psychotherapy

PART A
Choose the Correct Answer

10 x 1 = 10

1. Counselling is a _____ process CO1K1
a. One way b. two way c. passive d. slow
2. The objective of _____ is to facilitate the process of counselling CO1K1
a. Initial structuring b. confrontation c. negative feedback d. punishment
3. Adlerians believe that, by gaining insight into challenges, people can overcome CO2K1
a. Feelings of inferiority b. failure c. pessimism d. irrational behaviour
4. It lays its primary emphasis on real interpersonal relations is CO2K1
a. traditional psychoanalysis b. relational psychoanalysis
c. behaviorism d. self psychology
5. In this state the behavior, thoughts and feelings is direct response of here and now is CO3K1
a. Parent b. child c. adult d. internal
6. Client responsibility and freedom are the major themes of CO3K1
a. Behaviorism b. Existentialism c. Psychoanalysis d. Self Psychology
7. Self instructional training was given by CO4K1
a. Bandura b. Aaron Beck c. Albert Ellis d. Meichenbaum
8. In REBE the deliberate delaying smoking is an example of CO4K1
a. Paradoxical behaviour b. exposure
c. postponing gratification d. role playing
9. Therapy stressing egalitarian perspective in healthy family relationship is known as CO5K1
a. Gestalt therapy b. feminist therapy
c. contextual therapy d. experiential family therapy
10. In Bowenian therapy, the term _____ means learning to become less emotionally reactive in family. CO5K1
a. Triangulation b. paradoxical behaviour
c. differentiation d. systematic

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Bring out the basic characteristics of counsellor. CO1K2
(or)
11.b. Write a note on counselling relationship. CO1K2
- 12.a. Elucidate object relations theory. CO2K2
(or)
12.b. Differentiate between traditional psychoanalysis and relational psychoanalysis. CO2K2
- 13.a. Give a short account on transactional analysis. CO3K2
(or)
13.b. Mention any two techniques used in Gestalt therapy. CO3K2
- 14.a. Elaborate on the advantages and limitations of Cognitive behaviour therapy. CO4K2
(or)
14.b. Explain about the contributions of Donald Meichenbaum. CO4K2
- 15.a. Write a short note on the origin and development of feminist therapy. CO5K2
(or)
15.b. Discuss about the of social constructionism. CO5K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Outline about counselling. CO1K3
(or)
16.b. Discuss about the ethical issues in counselling. CO1K3
- 17.a. Give a detailed account on the applications of psychodynamic therapy. CO2K3
(or)
17.b. Elaborate on self psychology. CO2K3
- 18.a. Give a detailed account on transactional analysis. CO3K3
(or)
18.b. Elucidate the process of existential therapy. CO3K3
- 19.a. Explain the therapeutic process of treating a patient with phobia using CBT. CO4K2
(or)
19.b. Shed light on Rational Emotive Behavior Therapy. CO4K3
- 20.a. Summarize narrative therapy. CO5K4
(or)
20.b. Difference between the Psychoanalysis and Solution Focused Brief Therapy. CO5K5
