

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore – 641 043**

**Master Degree Examination - November 2017
III Semester**

**Class : II P.G.
Major : COUNSELLING PSYCHOLOGY**

**Time: 3 hours
Max. Marks: 60**

12MCPC13 PSYCHOTHERAPY II

Part A

10 x 1/2 = 5

Choose the correct answer

1. Cognitive therapy was proposed by
a. Melanie Klien b. Winnicott c. Meichenbaum d. Beck
2. Which of the following is good for treatment of social skill problem?
a. Role playing b. Shame exercises c. RET d. Desensitization
3. Milan therapy focuses on
a. beliefs b. attitudes c. emotions d. goals
4. In family therapy genogram implies patterns of relationships
a. in family b. Across generations c. Among relatives d. Non of the above
5. Crisis intervention is _____ psychological care.
a. brief b. lengthy c. Long term d. Short term
6. Deliberate infliction of damage to your own body is called as
a. breavement b. Self harm c. trauma d. None of the above
7. The field child-psychoanalysis was introduced by
a. Anna Freud b. Papalia c. Hurlock d. santrok
8. externalising problems are characterised by
a. disruption b. Stubborn c. disobedience d. All the above
9. The term 'positive' implies
a. real b. concrete c. actual d. All the above
10. Relaxation therapy induces
a. Alarm reaction b. anxiety c. Stress response d. Relaxation response

Part B

5 x 4 = 20

Answer ALL questions

Answer should not exceed 200 words or one page

- 11.a. Explain the cognitive behaviour modification.
(Or)
- 11.b. What are the assumptions and goals of cognitive therapy.
- 12.a. List out and explain the goals of family therapy.
(Or)
- 12.b. Bring out the limitations of marital therapy.
- 13.a. Why self harm occurs? How it can be treated?
(Or)
- 13.b. Explain the therapies for traumatic conditions.
- 14.a. Briefly explain play therapy.
(Or)
- 14.b. Write a brief note on Winnicott's theory and therapeutic method.
- 15.a. Enumerate the assumptions of positive therapy.
(Or)
- 15.b. Explain the strategies of positive therapy.

Part C

5 x 7 = 35

Answer ALL questions

Answer should not exceed 600 words or three pages

- 16.a. Elaborate the therapeutic process of rational emotive behaviour therapy.
(Or)
- 16.b. Examine the emotive techniques.
- 17.a. Write an account on couple therapy.
(Or)
- 17.b. Examine the therapeutic process of family therapy.
- 18.a. Write an elaborate essay on crisis intervention.
(Or)
- 18.b. How to help victims of man made or natural disasters? Elaborate.
- 19.a. Discuss internalising and externalising disorders.
(Or)
- 19.b. Evaluate Anna Freud's contributions to psychotherapy.
- 20.a. Elaborate relaxation therapy.
(Or)
- 20.b. Discuss the methods of counselling in positive therapy.
