



## 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 (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

### Continuous Internal Assessment Test I – February 2025

#### Semester-II

Class: I PG  
Major: Applied Psychology

Time: 2 Hours  
Max. Marks: 60

#### 23MAPC07 PSYCHOTHERAPY

#### Course Outcomes

- CO1:** Develop a comprehensive view of the profession of counseling  
**CO2:** Prepare the students qualify for professional counselling.  
**CO3:** Demonstrate knowledge in designing psychological interventions.

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

- Any of our projections that influence the way we perceive and react to a client. CO1 K2  
a. Counter transference b. transference c. projection d. regression
- It refers to counselors directly attempting to define a client's values, attitudes, beliefs and behaviour CO1 K2  
a. Psychoanalysis b. Behaviourism c. Humanistic d. Structuralism
- The process of converting physical energy into nervous system activity CO2 K3  
a. ethics b. role playing c. value imposition d. repression
- The fear of danger from the external world, and is proportionate to the degree of real threat. CO2 K4  
a. Reality anxiety b. Neurotic anxiety c. Moral anxiety d. death anxiety
- Implies that we are living by being true to our own evaluation of what is a valuable existence for ourselves; it is the courage to be who we are. CO3 K3  
a. Existential guilt b. Freedom c. Liberty d. Authenticity
- A deep and subjective understanding of the client with the client. CO3 K2  
a. Creative Connection b. self exploration c. Empathy d. self-fulfillment

#### Part-B

3 x 6 = 18

#### Answer ALL the questions.

#### Answers should not exceed 200 words or one page

- Identify issues faced by beginning therapist . CO1K3  
(Or)
- Understand the role of diversity issues in the therapeutic relationship. CO1 K4
- Identify the differences between the id, ego, and superego CO2 K2  
(Or)
- Describe the unique characteristics of Jungian perspective on personality development CO2 K4
- Examine the application of the person-centered approach to crisis intervention. CO3 K3  
(Or)
- Evaluate the therapeutic goals of existential therapy. CO3 K2

#### Part - C

3 x 12 = 36

#### Answer ALL the questions.

#### Answer should not exceed 800 words or four pages

- Elaborate on Becoming an Effective Multicultural Counselor CO1 K3  
(Or)
- Identify the characteristics of the counselor as a therapeutic person CO1 K4
- Explain the meaning of social interest and how this is a foundational concept of the Adlerian approach. CO2 K3  
(Or)
- Evaluate how ego-defense mechanisms help individuals cope with anxiety. CO2 K4
- Examine the key concepts and principles of Motivational Interviewing and the stages of change CO3 K3  
(Or)
- Identify the major themes that characterize existential philosophy and therapy CO3 K3

Copies: 23

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Staff in charge: Mrs. M. Sathya

