

02592

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2017

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in about 450 words each : **2x10=20**

1. Describe the basic tenets and concepts of psychoanalytic therapy. **10**
2. What do you understand by 'psychotherapy integration' ? Discuss various methods of psychotherapy integration. **5+5**
3. Describe various cognitive and behavioral techniques used in cognitive behaviour therapy. **10**
4. Explain the concept of family therapy. Discuss the techniques, values and ethics of family therapy. **2+8**

SECTION - B

Answer **any four** of the following in about 250 words each :

4x6=24

5. Discuss psychotherapy for Cancer patients. **6**
6. Describe the interventions used in solution focused therapy. **6**
7. Discuss psychotherapy for dementia. **6**
8. Explain characteristic features of short term therapies. Discuss the range of their applicability. **3+3**
9. Discuss the role of Interpersonal Therapy in treatment of depression. **6**

SECTION - C

Write short notes on **any two** of the following in about 100 words each :

2x3=6

10. Negative Punishment **3**
11. Self Monitoring **3**
12. Reminiscence Therapy **3**

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03802

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2017

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION - A

Answer **any two** of the following questions in
about **450** words each : **2x10=20**

1. Define behaviour modification. Elucidate the 2+8
characteristics of behaviour modification.
2. What is integrative psychotherapy ? Discuss the 3+7
different ways to psychotherapy integration.
3. Describe the various psychotherapies used with 10
children.
4. Discuss the counselling process in Roger's 10
Client - Centered Therapy.

SECTION - B

Answer **any four** of the following questions in about **250** words each : **4x6=24**

5. Discuss the common features of short-term therapies. 6
6. Explain the steps involved in Cognitive Behaviour Therapy. 6
7. What are the features of psychotherapy for people in middle-adulthood ? 6
8. Describe the family approach of therapy used in the context of terminal illness. 6
9. Discuss psychotherapeutic principles of group psychotherapy. 6

SECTION - C

Write short notes on **any two** of the following in about **100** words each : **2x3=6**

10. Psychic determinism 3
11. Motivational Interviewing 3
12. Devil's Advocate and Reframing 3

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2016

03221

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION - A

Answer **any two** of the following questions in about 500 words each : **2x10=20**

1. Discuss the principles and techniques of family therapy. **10**
2. What are the characteristics of behavior modification ? Discuss some procedures of operant conditioning. **3+7**
3. What is dysfunctional thinking ? In this context explain the process of cognitive behavior therapy. **10**
4. What is contingency contracting ? Discuss. **10**

SECTION - B

Answer **any four** of the following questions in about 300 words each : **4x6=24**

5. What is narrative psychotherapy ? Discuss. **6**

6. Discuss the application of psychotherapy with adolescents. 6
7. Explain the role of psychotherapy in terminal illness. 6
8. What is 'Multi-modal Therapy' ? Explain its application. 6
9. What do you understand by 'Object relations theory' ? Discuss its application. 6

SECTION - C

Write short notes on **any two** of the following in about 100 words each : 2x3=6

10. The unconscious
 11. Reinforcement
 12. Psychotherapy in dementia.
-

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MASTER OF ARTS (PSYCHOLOGY)

00418

Term-End Examination

December, 2016

MPCE-013(S) : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION A

Answer any two of the following questions in about 450 words each :

2×10=20

1. Explain the treatment principles and interventions in solution-focused therapy. 5+5
2. Discuss the different ways to psychotherapy integration. 10
3. Discuss the various components of psychoanalytic and psychodynamic psychotherapy. 10
4. Discuss the psychotherapeutic methods for the treatment of adolescent anxiety and conduct disorder. 5+5

SECTION B

Answer any **four** of the following questions in about
250 words each :

4×6=24

5. Explain the techniques used in psychoanalytic treatment of children. 6
6. Briefly discuss the areas of application of behaviour modification. 6
7. Explain the psychotherapeutic issues with terminally-ill people. 6
8. Define couple therapy. Discuss the various approaches to couple therapy. 6
9. Explain 'self-disclosure' and 'cultural awareness' in client-centred therapy. 3+3

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SECTION C

Write short notes on any **two** of the following in about
100 words each :

2×3=6

- | | |
|---|---|
| 10. Existential Therapy | 3 |
| 11. Difference between Cognitive Therapy and
Cognitive Behaviour Therapy | 3 |
| 12. Multimodal Therapy | 3 |
-

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02509

MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2016

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in about 450 words each : **2x10=20**

1. What is psychoanalysis ? Discuss major tenets of Freudian psychoanalysis as a therapeutic procedure. **10**
2. Define interpersonal psychotherapy. Discuss its techniques. **3+7**
3. Explain the distinctive features of psychotherapies for children. **10**
4. Explain the concept of integrative psychotherapy. Discuss various methods of psychotherapy integration. **10**

SECTION - B

Answer **any four** of the following questions in about **250** words each : **4x6=24**

5. What is solution - focused therapy ? Discuss its ingredients. **6**
6. Discuss the counselling process of Roger's client centered therapy. **6**
7. Differentiate cognitive behavior therapy with behavior therapy. **6**
8. Define group psychotherapy and explain its therapeutic principles. **6**
9. Discuss the main features of short term psychotherapies. **6**

SECTION - C

Write short notes on **any two** of the following in about **100** words each : **2x3=6**

10. Existential Psychotherapy **3**
11. Psychic Determinism **3**
12. Family Therapy **3**



MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

December, 2015

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION A

Answer any two of the following questions in about

500 words each :

2×10=20

1. Discuss Freud's topographical model of personality. Describe the different stages of psychosexual development. 3+7
2. Describe the different operant conditioning procedures. 10
3. Give a historical overview of the development of cognitive behaviour therapy and present the ABC model. 5+5
4. Explain the goals of client-centered therapy. What are the core conditions for client-centred therapy? 4+6

SECTION B

Answer any **four** of the following questions in about 300 words each : 4×6=24

5. Explain the therapeutic principles of group psychotherapy. 6

6. Elucidate the basic tenets and concepts of psychodynamic psychotherapy. 6

7. Discuss David Malan's therapy and Triangle of insight. 6

8. What do you understand by attachment based interventions and dyadic developmental psychotherapy? 3+3

9. Describe the family psychotherapeutic approach. 6

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SECTION C

Write short notes on any **two** of the following in about 100 words each :

2×3=6

- | | |
|---------------------------------|---|
| 10. Goals of Multimodal Therapy | 3 |
| 11. Token Economies | 3 |
| 12. Motivational Interviewing | 3 |
-

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MASTER OF ARTS (PSYCHOLOGY)

Term-End Examination

June, 2015

02308

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : All sections are compulsory.

SECTION A

Answer any two of the following questions in about

500 words each :

2×10=20

1. What is analytical psychology ? What are the basic concepts of analytical psychology that distinguish it from Freudian Psychoanalysis ? 10
2. What do you understand by object relations theory ? Discuss its application in psychotherapeutic process. 10
3. What are the basic assumptions of cognitive behaviour therapy ? Explain the process of cognitive behaviour therapy. 10
4. What are the main differences between the therapies used for older persons and other age group persons ? 10

SECTION B

Answer any **four** of the following questions in about 300 words each :

4×6=24

5. Explain parent-child interaction therapy. 6
6. Discuss the techniques of interpersonal psychotherapy. 6
7. Explain the nature and process of solution focused therapy. 6
8. Mention the behaviour modification methods used to decrease undesired behaviours. 6
9. Define psychotherapy integration. Elucidate the various factors responsible for the growth of psychotherapy integration. 6

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SECTION C

Write short notes on any **two** of the following in about 100 words each :

2×3=6

- | | |
|-----------------------------------|---|
| 10. Unconditional Positive Regard | 3 |
| 11. Existential Therapy | 3 |
| 12. The Unconscious | 3 |
-

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02043

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2014

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Attempt five questions in all. All questions carry equal marks. Each question is to be answered in about 500 words.

1. Define the concept of Defense Mechanisms. **2+8**
Discuss various types of defense mechanisms.

2. Discuss the following : **5+5**
 - (a) Attachment Theory (John Bowlby)
 - (b) The Unconscious

3. Define the concept of operant conditioning. **3+7**
Discuss the following with reference to behaviour modification :
 - (a) Shaping
 - (b) Reinforcement
 - (c) Stimulus control

4. Discuss the basic assumptions of cognitive **3+7**
behaviour therapy. Explain in detail any two techniques of CBT.

5. Give a brief account of historical developments of integration therapy movement. What are the variables responsible for the growth of psychotherapy integration ? **5+5**
6. Discuss the following with reference to Roger's client centred therapy : **10**
 - (a) Unconditional Positive Regard
 - (b) Empathic Understanding
 - (c) Transparency
7. Discuss briefly the merits and demerits of traditional psychotherapeutic methods. Throw light on the emerging trends in psychotherapy. **5+5**
8. Explain the principles of group psychotherapy. Differentiate between group psychotherapy and individual psychotherapy. **5+5**
9. Discuss the psychodynamic approach to couple therapy and its limitations. **10**
10. Write short notes on the following : **5+5**
 - (a) Terminal illness and psychotherapy
 - (b) Psychotherapy in dementia

No. of Printed Pages : 2

MPCE-013

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

02262

June, 2014

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

*Note : Attempt any **five** questions. All questions carry equal marks. Answer each question in not more than 500 words.*

1. What is psychoanalysis ? Discuss major tenets of Freudian psychoanalysis as a therapeutic procedure. 3+7
2. What do you understand by object relations theory ? Discuss its application in psychotherapeutic process. 7+3
3. Write an essay on the characteristics and techniques of interpersonal psychotherapy. 10
4. Discuss the distinctive features of psychotherapies for children. Discuss two theoretical techniques of attachment based interventions. 5+5

5. Elucidate the concept and techniques of respondent conditioning as a method of behaviour modification. 10

6. Give a brief overview of historical developments in Cognitive Behaviour Therapy. Differentiate CBT with behavioural therapy techniques. 5+5

7. Explain the concept of psychotherapy integration. Discuss various methods of psychotherapy integration. 3+7

8. What is multimodal therapy ? Discuss its development and basic concepts. 2+8

9. Write an essay on the counselling process of Roger's client centered therapy 10

10. Write short notes on the following : 5+5
 - (a) Applications of Narrative therapy
 - (b) Psychotherapy with older adults

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2013

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Answer any five questions. All questions carry equal marks. Each question is to be answered in about 500 words.

1. Define the concept of ego defense mechanisms. 5+5
Discuss reaction formation regression and rationalisation on defense mechanism.
2. Discuss the assumption and importance of short term psychotherapy. Give a detailed account of interpersonal psychotherapy. 5+5
3. Discuss the model of human thinking and causation with reference to Cognitive Behavior theory. Explain the cognitive technique and Imagery technique of CBT. 4+6
4. Explain the following concepts with reference to Roger's client centered therapy: 2.5x4
 - (a) Empathy
 - (b) Self Disclosure
 - (c) Unconditional Positive regard
 - (d) Immediacy

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5. Give an account of historical development of family therapy. Discuss the techniques of family therapy. **4+6**

 6. Write short notes on : **5+5**
 - (a) Narrative therapy
 - (b) Play therapy

 7. Discuss the age specific problems of adolescents and middle adulthood. **10**

 8. Discuss the following therapies : **5+5**
 - (a) Solution focussed therapy
 - (b) Interpersonal therapy

 9. Describe psychotherapies used for cancer patients. What is the importance of integrative psychotherapy in cancer. **7+3**

 10. Explain : **5+5**
 - (a) The role of unconscious in psychotherapy
 - (b) Existential therapy
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M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 2013

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Answer any five questions. All questions carry equal marks. Each question is to be answered in about 500 words.

1. Discuss the principles of psychoanalysis. 3+7
Elaborate Freudian Psychoanalytic theory.
2. Discuss and compare and contrast insight 5+5
psychotherapy and interpersonal psychotherapy.
3. Critically evaluate applications and limitations of 5+5
cognitive behaviour therapy giving suitable
examples.
4. Elaborate the strategies used in client centered 8+2
therapy. What is the role of cultural awareness
of therapist in this therapy ?
5. Discuss the most suitable therapeutic method for 5+5
the treatment of phobias in children.

6. Write short notes on the following : 5+5
(a) Behaviour Modification
(b) Eclecticism in psychotherapy
7. Discuss specific psychotherapeutic approaches used with problems in middle adulthood. 10
8. Discuss psychotherapeutic approaches for : 5+5
(a) Terminal illness
(b) Psychosomatic Disorders
9. Discuss humanistic approach and behavioral psychotherapy with dying persons. 10
10. Write an essay on object relation theory. 10
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M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2012

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Answer *any five* questions. All questions carry *equal* marks. Each question is to be answered in about **500** words.

1. Describe the steps and techniques cognitive behaviour therapy. 10
2. How does operant conditioning procedure function as a technique of behaviour modification. Discuss with suitable examples. 10
3. Give a brief account of the four major techniques used in psychoanalytic therapy. 10
4. Discuss the application of solution focused therapy. 10
5. What are the ways in which anxiety could be treated in adolescents? Discuss. 10

6. Discuss the strategies used in Carl Rogus' client centered therapy. **10**

7. Write short notes on the following : **5+5**
 - (a) Family Psychotherapy
 - (b) Group Psychotherapy

8. What is integrative psychotherapy? Highlight its techniques. **10**

9. What do you understand by interpersonal psychotherapy? Discuss its techniques. **10**

10. Write short notes on the following : **5+5**
 - (a) Psychotherapy for cancer patients.
 - (b) Play therapy.



M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

June, 2012

01672

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Answer any five questions. All questions carry equal marks. Each question is to be answered in about 500 words.

1. What are the basic assumptions of Carl Rogers' client centered therapy ? Discuss the process of client centered therapy. 10
2. Write an essay on the basic tenets and concepts of psychodynamic psychotherapy. 10
3. What do you understand by Behaviour Modification ? Discuss Desensitization as a type of Behaviour Modification Technique. 10
4. Define the term integrative psychotherapy. Trace the historical development of integrative psychotherapy movement. 10
5. Discuss Beck's cognitive behavioural approach. 10

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6. How does cognitive behavioural approach differ from psychoanalytic and client centered therapy ? 10
 7. Discuss the various modalities of psychological treatment of mental disorders. 10
 8. Describe psychotherapeutic approaches used for treating depression in adolescents. 10
 9. (a) What is meant by eclectic approach in therapy ? Give suitable examples. 5+5
(b) Describe Group Psychotherapy.
 10. Why do we need psychotherapy for the persons with AIDS ? What are the typical psychotherapy techniques that you would recommend for them ? 10
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