

School of Liberal Arts

Applied Psychology

ETE - May 2023

Time : 3 Hours

Marks : 50

Sem IV - PSY6026 - Psychotherapy

Your answer should be specific to the question asked

Draw neat labeled diagrams wherever necessary

1. Define the Assertion technique of behavioristic therapy. K1 CO1 (2)
2. Explain the Beck Cognitive Triad with suitable examples. K2 CO2 (2)
3. Illustrate the importance of Empathy and Congruence in Client-Centered therapy. K3 CO3 (2)
4. Analyze the relevance and importance of Psychoanalytic therapy. K4 CO4 (2)
5. Analyze the core ideas of Reality therapy. K4 CO5 (2)
6. Illustrate the importance of systematic desensitization with the help of case study. K3 CO1 (5)
7. Evaluate the effectiveness of cognitive behavior therapy (CBT) in treating depression and provide examples to support your answer. K4 CO2 (5)
8. Appraise the steps involved in Jacobson Muscle Relaxation therapy. K5 CO5 (6)
9. Analyze the key principles and techniques of Gestalt therapy and how they can be applied in the treatment of psychological disorders. K4 CO3 (8)
10. Critically evaluate the Psychoanalytic therapy. How the therapy can be applied to neurotic people? K5 CO4 (8)
11. Evaluate the theory, techniques, and applications of transactional analysis therapy, and assess its relevance in contemporary psychotherapy practice. K6 CO5 (8)