

Seat No: \_\_\_\_\_

Enrollment No: \_\_\_\_\_

**PARUL UNIVERSITY**  
**FACULTY OF LIBERAL ARTS**  
**M. Arts Winter 2024-25 Examination**

Semester: 03

Date: 14/11/2024

Subject Code: 15203233

Time: 10:30am to 1:00pm

Subject Name: Psychotherapy-I

Total Marks: 60

**Instructions:**

1. All questions are compulsory as per instructions.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

**SECTION A (30 Marks)**

<b>Q.1</b>	<b>Multiple Choice Question (1 * 5 = 5)</b>	<b>(5)</b>	<b>CO</b>	<b>PO</b>	<b>BT</b>	
<b>1</b>	Which of the following therapies focuses on the client's capacity for self-direction and understanding of personal experiences?		<b>1</b>	<b>1</b>	<b>U</b>	
	a. Behavioural Therapy					b. Cognitive therapy
	c. Client centered therapy					d. Psychoanalytic therapy
<b>2</b>	Who developed Rational Emotive Behavior Therapy?		<b>1</b>	<b>1</b>	<b>R</b>	
	a. Aaron Beck					b. Sigmund Freud
	c. Carl Rogers					d. Albert Ellis
<b>3</b>	What is a primary goal of behavioral modification techniques?		<b>1</b>	<b>2</b>	<b>U</b>	
	a. Altering unconscious motives					b. Changing problematic behaviours
	c. Understanding past experiences					d. Developing philosophical understanding
<b>4</b>	Which term describes a psychotherapist's involvement in their own personal therapy as part of training?		<b>2</b>	<b>3</b>	<b>R</b>	
	a. Cognitive restructuring					b. Supervised clinical practicum
	c. Personal development					d. Psychoanalysis
<b>5</b>	Existential therapy emphasizes which of the following?		<b>3</b>	<b>4</b>	<b>U</b>	
	a. Analysis of past traumas					b. Behavioural conditioning
	c. Freedom and responsibility					d. Modification of negative thoughts
<b>Q.2</b>	<b>Short answer type Question (150 – 200 words). (6 * 3 = 18)</b>	<b>(18)</b>				
<b>1</b>	Classify and explain the fundamental characteristics of Humanistic therapies.		<b>1</b>	<b>2</b>	<b>U</b>	
<b>2</b>	Differentiate between the key features of cognitive and behavioural therapy. Also discuss their key principles.		<b>3</b>	<b>3</b>	<b>An</b>	
<b>3</b>	Discuss types of contact boundary disturbances in detail with examples.		<b>1</b>	<b>2</b>	<b>U</b>	
<b>Q.3</b>	<b>Long answer type Question (1000 -1200 words). Attempt any one (1*7 = 7)</b>	<b>(7)</b>				
<b>1</b>	Analyze the ethico-legal issues that a psychotherapist may encounter in practice. Explain how these issues impact the outcomes of therapy.		<b>4</b>	<b>4</b>	<b>E</b>	
<b>2</b>	Describe the applications of Maslow's need hierarchy theory in every human's life.		<b>3</b>	<b>5</b>	<b>An</b>	

**SECTION B (30 Marks)**

<b>Q.1</b>	<b>Multiple Choice Question (1 * 5 = 5)</b>	<b>(5)</b>	<b>CO</b>	<b>PO</b>	<b>BT</b>	
<b>1</b>	Which approach is most closely associated with the concept of the unconscious mind?		<b>1</b>	<b>1</b>	<b>U</b>	
	a. Existential therapy					b. Cognitive therapy
	c. Psychoanalytic therapy					d. Client-centered therapy
<b>2</b>	The goal of Cognitive Behavior Therapy (CBT) is primarily to:		<b>3</b>	<b>2</b>	<b>A</b>	
	a. Enhance self-esteem					b. Alter irrational beliefs
	c. Increase client-centered communication					d. Develop behaviour modification skills
<b>3</b>	Who is credited with developing Cognitive Therapy?		<b>1</b>	<b>3</b>	<b>R</b>	
	a. Albert Ellis					b. Carl Jung
	c. Aaron Beck					d. B. F. Skinner
<b>4</b>	In humanistic therapies, which term is central to understanding client progress?		<b>1</b>	<b>1</b>	<b>U</b>	
	a. Self-actualization					b. Conditioning
	c. Cognitive restructuring					d. Classical conditioning
<b>5</b>	Gestalt therapy is primarily concerned with:		<b>3</b>	<b>2</b>	<b>U</b>	
	a. Unconscious motives					b. Future aspirations
	c. Present moment awareness					d. Rational thinking
<b>Q.2</b>	<b>Short answer type Question (150 – 200 words). (6 * 3 = 18)</b>	<b>(18)</b>				
<b>1</b>	Explain the research issues related to evaluating the effectiveness of psychotherapy.		<b>1</b>	<b>3</b>	<b>U</b>	
<b>2</b>	Discuss the techniques used in Gestalt therapy and also the effectiveness of it through a case.		<b>3</b>	<b>5</b>	<b>C</b>	
<b>3</b>	With the help of illustrations, reflect on the ego defense mechanisms given by Freud.		<b>2</b>	<b>4</b>	<b>E</b>	
<b>Q.3</b>	<b>Long answer type Question (1000 -1200 words). Attempt any one (1*7 = 7)</b>	<b>(7)</b>				
<b>1</b>	Critically evaluate the impact of psychotherapist personal development on the therapeutic process. Use examples from different psychotherapy approaches.		<b>2</b>	<b>3</b>	<b>E</b>	
<b>2</b>	Explain in detail the techniques (Any 5) used in Behavioral Modification Therapy and discuss their effectiveness in addressing behavioral issues.		<b>3</b>	<b>5</b>	<b>C</b>	