

PARUL UNIVERSITY
FACULTY OF ARTS
M.A. Summer 2018 – 19 Examination

Semester: 4
Subject Code: 15203280
Subject Name: Psychotherapy-II

Date: 17/04/2019
Time: 10:30 am to 01:00 pm
Total Marks: 60

Instructions:

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

Q.1 Do as directed.**(08)****A. Multiple choice type questions. (Each of 0.5 mark)**

1. Psychotherapy is a process of engagement between two persons, both whom are bound to change through the therapeutic venture::
 (a) True (b) false
2. _____ is the analysis and explanation of a client's problem:
 (a) assessment (c) psychodiagnosis
 (b) case history (d) all of the above
3. Temperament is the set of genetically determined traits that determine the child's approach to the world:
 (a) true (c) false
4. Judgement of psychological disorders are also influenced by our perception of the subjective distress of the individual in question
 (a) true (c) false
5. Behaviour that is extremely _____ or _____ is also considered to be abnormal
 (a) overdone (c) underdone
 (b) both a & b (d) none
6. The absence of distress may signal signs of psychological disorders:
 (a) true (c) false
7. Creator of Symbolic- experiential family therapy
 (a) Murray Bowen (c) Alfred Adler
 (b) Virginia Satir (d) Carl Whitaker
8. This is the growth model that stresses assuming responsibility, creating one's own destiny, and finding meaning and goals to create a purposeful life:
 (a) Humanistic (c) Behaviorist
 (b) Existential (d) Adlerian therapy
9. The method of this approach are always in the process of refinement:
 (a) Humanistic (c) Behaviorist
 (b) Existential (d) Reality therapy
10. This focuses on the quality of the person-to-person therapeutic relationship:
 (a) Humanistic (c) Behaviorist
 (b) Existential (d) Reality therapy
11. Counseling entails more than becoming a skilled technician:
 (a) True (b) False
12. Psychotherapy is a process of engagement between two person, both of whom are bound to change through therapeutic ventures:
 (a) True (b) False
13. _____ highlights the necessity of learning how to challenge dysfunctional beliefs and automatic thought that lead to behavioral problems:
 (a) Gestalt Therapy (c) Behavioral therapy
 (b) REBT (d) None of the Above
14. Who was the first Psychologist in the modern era to do family therapy:
 (a) Murray Bowen (c) Alfred Adler
 (b) Virginia Satir (d) Carl Whitaker

15. Developed conjoined family therapy:

- (a) Murray Bowen (c) Alfred Adler
(b) Virginia Satir (d) Carl Whitaker

16. It places faith in and gives responsibility to the client in dealing with problems and concerns:

- (a) Humanistic (c) Behaviorist
(b) Existential (d) Reality therapy

B. Terms (Each of 01 mark)

(07)

1. Mention two dilemmas in counseling? Define the use of psychotherapy.
2. Full form of ACA.
3. Name two Contributors to Humanistic Psychotherapy.
4. Who was the founder of REBT?
5. Define the use of psychotherapy.
6. Mention two ethical decision therapist need to make?
7. Name one therapy technique in group therapy.

Q.2 Answer the following.

- A. What is the use of Psychotherapy? Discuss in brief. **(04)**
B. Discuss in brief Adlerian family therapy. **(04)**
C. Discuss Multigenerational family therapy **(04)**

OR

- C. Mention the different types of psychotherapy and discuss in brief. **(04)**

Q.3 Answer the following.

- A. Write in brief the treatment planning using Group interventions. **(05)**
B. Mention reasons to use group therapy. **(05)**
C. Discuss in brief Structural-strategic family therapy. **(05)**

OR

- C. Mention some of the ethical issues that counselors face. **(05)**

Q.4 Answer the following.

- A. Discuss the principles of group therapy. **(06)**
B. Mention a technique in Family therapy and discuss. **(06)**
C. Mention a technique in couple therapy and discuss. **(06)**

OR

- C. Mention a technique in Group therapy and discuss. **(06)**