

**PARUL UNIVERSITY**  
**FACULTY OF ARTS**  
**M.Arts Winter 2018 – 19 Examination**

**Semester:3****Subject Code: 15203230****Subject Name: Psychotherapy- I****Date: 06/12/2018****Time: 10.30 am to 1.00 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. Psychodynamic therapy focuses on the \_\_\_\_\_ process as they are manifested:
  - a) Unconscious
  - b) Conscious
  - c) Disorders
  - d) All of the above
2. Which of the following therapy basically focuses on a specific problem:
  - a) Psychoanalysis
  - b) REBT
  - c) IPT
  - d) Psychodynamics
3. Freud worked with Charot during which period?
  - a) 1886
  - b) 1889
  - c) 1885
  - d) 1884
4. An advance degree in psychology that is emerging as an alternative to traditional research-oriented Ph.D degree:
  - a) Master's degree
  - b) Psy.D
  - c) Psychiatry
  - d) None of the above
5. Who developed the client-centered therapy :
  - a) Rogers
  - b) Maslow
  - c) Skinner
  - d) Option a & b
6. Play therapy was derived from which psychological principles:
  - a) Behavioral
  - b) Freudian
  - c) Cognitive
  - d) CBT
7. Individuals who have been trained to assist professional mental health workers:
  - a) School psychologist
  - b) Social workers
  - c) Paraprofessionals
  - d) None of the above
8. Which of the following therapy can be greatly used when dealing with substance abuse:
  - a) Psychodynamic therapy
  - b) CBT
  - c) Behavioral therapy
  - d) All of the above

9. A fundamental assumption of cognitive model is that problems results from \_\_\_\_\_ processing of external events or external stimulus.
- Similar
  - Concepts
  - Biased
  - Option a & c
10. Initially Beck's cognitive therapy was developed to treat :
- Depression
  - Anxiety
  - Eating disorder
  - Option a & b
11. The following are the procedures used in cognitive therapy, except:
- Recording thoughts and patterns and emotions
  - Identifying logical errors with help of therapist
  - Able to independently identify logical errors.
  - Screening and assessment.
12. How many gestalt principles are there ?
- 6
  - 4
  - 5
  - 8
13. Which form of psychotherapy is Gestalt therapy:
- Humanistic
  - Existential
  - Phenomenology
  - None of the above
14. Restructure of one's personality: which psychotherapy is involved:
- Cognitive
  - Psychodynamics
  - Psychoanalysis
  - None of the above
15. We can retrieve certain memories that are stored and are not at conscious at present moment:
- Subconscious
  - Unconscious
  - Arousal
  - None of the above
16. When the conflict arises and cannot be handled by the person, then his/her ego manages by:
- Defense mechanism
  - Transference
  - Countertransference
  - None of the above

**B. Terms/ Short notes(Each of 01 mark)**

**(07)**

- What is psychotherapy?
- Name the psychologist who is considered the father of humanistic psychology.
- Who developed Gestalt Psychology.
- What are instincts in psychoanalytic therapy?
- Name one way by which brief analytic therapy is different from the other schools of psychology.
- How many sessions does interpersonal approaches usually require?
- In which areas can we use IPT?

**Q.2 Answer the following.**

**A.** Discuss in brief the method of training in psychotherapy.

**(04)**

**B.** Describe the supervised clinical interview.

**(04)**

**C.** Discuss in brief: gestalt therapy.

**(04)**

**OR**

**C.** Give one example of a case and discuss in brief the use of gestalt therapy.

**(04)**

**Q.3 Answer the following.**

- A. Discuss Interpersonal approach psychotherapy. (05)
- B. Explain cognitive therapy according to Beck. (05)
- C. Explain brief analytic therapy. (05)

**OR**

- C. Give one example of a case and discuss in brief the use of CBT therapy. (05)

**Q.4 Answer the following.**

- A. Discuss Rational emotive behavioral therapy according to Ellis. (06)
- B. Discuss behavioral therapy. (06)
- C. Give one example of a case and discuss in brief the use of Client centered therapy. (06)

**OR**

- C. Give one example of a case and discuss in brief the use of behavioral therapy. (06)