

PARUL UNIVERSITY
FACULTY OF ARTS
M.Arts Winter 2019 –20 Examination

Semester: 3**Subject Code:15203230****Subject Name: Psychotherapy- I****Date: 29/11/2019****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?
- In which areas can we use IPT?
- What are the objectives of training in psychotherapy?
- According to Boulder conference what is the basic training required to be a psychologist?
- Name one way by which brief analytic therapy is different from the other schools of psychology.
- How many sessions does interpersonal approaches usually require?
- What is logotherapy?

Q.2 Answer the following.

- Explain in brief: Emotion- focused therapy.
- Describe the supervised clinical interview.
- Discuss in brief: gestalt therapy.

(04)

(04)

(04)

OR

Discuss about “internship being a vital part of any training program”.

Q.3 Answer the following.

- A. What is validity? Explain in brief. (05)
- B. Discuss in Critical issue in Psychotherapy. (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. Discuss Client-centered Therapy. (06)

OR

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