DECEMBER 2022 **P/ID 28714/PCY2H**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. What is the meaning of congruence?

2. What does it mean by magnification/minimization?

3. Define Positive reinforcement.

4. Explain generic cognitive mode.

5. Delineate *Selective abstraction.*

6. State about In vivo flooding.

7. Outline the four-step model to build resilience.

8. Write a brief note on Aversive Conditioning.

9. Describe the term Self-management.

10. Define neuroplasticity.

11. Write about Technical integration.

12. What is the significance of Outcome Rating Scale?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Delineate on the function and role of a behaviour therapist.

14. List the psychological and Pharmacologic Treatment for generalized Anxiety Disorder.

15. Understand the unique contributions of Aaron Beck to the development of cognitive therapy.

16. Understand Meichenbaum's three-phase process of behaviour change.

17. Recognize the steps involved in self-directed behaviour.

18. Recognize the Principles of Expressive Arts Therapy.

19. How Neuroscience Helps Us Understand the Mind and Brain?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Differentiate the contributions of Carl Rogers and Abraham Maslow to humanistic psychology.

21. List the Historical Perspective of Integrating Psychopharmacology and Psychotherapy in Mood Disorders.

22. Extend your understanding of what neuroscience is and its relevance to the ongoing evolution of counselling and psychotherapy.

23. Describe how family systems therapy is different from individual therapy.

24. Elaborate on the Therapeutic Techniques and Procedures in behaviour therapy.

———————