DECEMBER 2024 **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 are the fundamental principles of Behaviour Therapy?

2. What are some current trends in Behaviour Therapy research and practice?

3. What is the role of the therapist in Integrated Psychopharmacology?

4. Define Acceptance Commitment Therapy.

5. What role does self-efficacy play in cognitive therapies?

6. Describe the third wave in behavioural therapy.

7. What are the main principles of Multigenerational Family Therapy?

8. What are the key principles of Narrative Therapy?

9. What is the fundamental premise of neuropsychotherapy?

10. Describe the role of neuroplasticity in the therapeutic process?

11. What are some common pathways to integrating different psychotherapy approaches?

12. Explain the concept of Multitheoretical Psychotherapy?

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. How does Applied Behavioural Analysis (ABA) differ from other forms of Behaviour Therapy?

14. What are the major classes of medications used for treating anxiety disorders?

15. How does REBT address irrational beliefs and thought patterns?

16. What evidence supports the effectiveness of cognitive therapies?

17. How can expressive arts therapies be integrated into traditional talk therapy?

18. What are some practical applications of neuroscience findings in psychotherapy sessions?

19. What are some key considerations when choosing which therapeutic techniques to integrate?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. What research methods are commonly used to evaluate the efficacy of psychopharmacological interventions?

21. How does Mindfulness-Based Cognitive Therapy (MBCT) incorporate mindfulness into its approach?

22. What evidence supports the effectiveness of Narrative Therapy in treating certain conditions?

23. How do emotions and cognition interact in the brain and how does this relate to psychotherapy?

24. What are the benefits of an integrative approach to psychotherapy?

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