MAY 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. Define Counselling.
2. What is Psychotherapy?
3. APA – Expand.
4. ACT – Expand.
5. What is Anxiety?
6. What do you mean by Self-efficacy?
7. Define Social modelling.
8. What is Expressive art therapy?
9. Explain in brief on Brain spotting.
10. What is Neuro-linguistic programming?
11. What is Super ego?
12. Shed light on Unconditional positive regard.

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions, in 250 words each.

13. Explain about the goals of behaviour therapy.

14. Write about techniques in REBT.

15. Illustrate the case study on generalized anxiety and treatment procedures.

16. Analyze the brain-based therapy.

17. Elaborate on memory reconsolidation.

18. Examine the benefits of EMDR.

19. Highlight the ideas of gestalt therapy.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions, in 500 words each.

20. What are the role of therapist in psychotherapy?

21. Examine the application of cognitive behavioural therapy.

22. Discuss about structural family therapy.

23. Elaborate the therapeutic process on neuro-psychotherapy.

24. Explain the psychodynamic therapy.

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