MAY 2025 **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 behaviour therapy.

2. What are the major classes for medications for anxiety?

3. What are the key principles of Rational Emotive Behaviour Therapy (REBT)?

4. How do Ellis's and Beck's approaches to Psychotherapy differ?

5. Define psychopharmacology.

6. What is the role of cognitive therapy in treating depression?

7. Describe narrative therapy.

8. Define expressive art therapy.

9. What is the concept of "brainspotting".

10. Define the term neuroplasticity.

11. What is Integrative Psychotherapy?

12. What are the benefits of an integrative approach to Psychotherapy.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What are some ethical considerations in conducting research on Psychopharmacology?

14. What is the role of the therapist in Integrated Psychopharmacology? Explain.

15. What distinguishes Acceptance and Commitment Therapy (ACT) from other cognitive approaches? Discuss.

16. What are some common techniques used in cognitive therapy sessions? Enumerate.

17. How does Experiential Family Therapy emphasize emotional expression? Explain.

18. How does neuroscience inform the diagnostic criteria Outlined in the DSM-5?

19. What are the main components of an integrative approach to therapy? Explain.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Discuss the emerging trends or advancements are shaping the future of integrated psychopharmacology and behaviour therapy?

21. Elaborate on how Dialectical Behaviour Therapy (DBT) integrate mindfulness into cognitive behavioural therapies.

22. What distinguishes Strategic Family Therapy from other family therapy approaches? Justify your views.

23. How does understanding brain networks aid in Psychotherapy? Discuss.

24. Delineate the steps one can take towards developing their own approach to Integrative Psychotherapy?

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