DECEMBER 2024 **P/ID 28718/PCY4U**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. Mention about transference.

2. What is brain storming?

3. What is goal setting?

4. Write about play therapy.

5. Write about self-expression.

6. What is expressive art therapy?

7. What is narrative therapy?

8. Denote on the phases of therapy.

9. What is commitment therapy?

10. What is mindfulness therapy?

11. What is distress tolerance?

12. Denote on emotion regulation.

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. Describe social constructivism.

14. Explain the therapeutic process.

15. Discuss about receptive music therapy.

16. State the contributions of Michele Forinash.

17. Mention the various therapy techniques used in the therapeutic process.

18. List the key concepts of narrative therapy.

19. Describe the mindfulness therapy.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. Give a brief overview of solution focused therapy.

21. Narrate on the historical markers of art therapy.

22. Elucidate on humanistic approach to art therapy as envisaged by Cathy.

23. Illustrate on the theory of maladaptive behaviour.

24. Delineate on the cognitive behaviour therapy.

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