**MAY 2022** **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. Define therapy.
2. What is social constructivism?
3. Define empathy.
4. What is mindfulness?
5. Define therapeutic alliance.
6. Define art therapy.
7. What counter transference?
8. What is commitment?
9. What are the phases of therapy?
10. What is cognitive behavior therapy?
11. Write down the difference between CBT and DBT.
12. Write about the development of ACT.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Explain the role of therapist.

14. Write a note on drama and play therapy.

15. Explain the therapeutic process of art therapy.

16. Write about the application and use of cognitive behavior therapy.

17. Give an overview on solution focused therapy.

18. Write a brief note about the development of dialectical behavior therapy.

19. Highlight the Difference between ACT and CBT.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Write about the goals of therapy.

21. Write a note on music therapy.

22. Write a detailed overview on expressive art therapy.

23. Write a note on narrative therapy.

24. Give an account on dialectical behavior therapy.

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