DECEMBER 2022 **P/ID 28472/PPY3M**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. What is Aptitude Test?

2. Define Psychoanalytic therapy.

3. State three therapist roles in gestalt therapy.

4. What is the goal of acceptance therapy?

5. What is Gestalt Therapy?

6. Mention the symptoms of depression.

7. Define behavior therapy.

8. What is social modeling?

9. What are the characteristics of behavior modification?

10. Write the goals of emotive-behavior therapy.

11. What is acceptance and commitment therapy?

12. Write the key concepts of expressive arts therapy.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Differentiate cognitive behavior therapy with behavior therapy.

14. Elucidate the basic concepts of psychodynamic psychotherapy.

15. What is narrative therapy? Discuss.

16. Explain the therapy for depression.

17. Explain the Gestalt approaches of counseling.

18. Give a short note on acceptance and commitment therapy.

19. Describe and evaluate Albert Eills theory of REBT.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Describe the importance and steps in art therapy.

21. Explain in detail Frederick perls Gestalt therapy.

22. What is dysfunctional thinking? In this context explain the process of cognitive behavior therapy.

23. Elucidate the therapeutic process of behavior therapy.

24. Illuminate the content of the Person–centered therapy.

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