DECEMBER 2023 **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 do you mean by super ego?
2. Define counter transference.
3. Describe fictional final goal.
4. What is existential crisis?
5. Define empathy.
6. What is an empty chair technique?
7. What is token economy?
8. What is the main goal of behavioral approach?
9. What do you mean by irrational thoughts?
10. Mention the uses of thought diary.
11. Mention the uses of expressive arts therapy.
12. Define dialectical behavior therapy.

PART B — (5× 6= 30 marks)

Answer any FIVE questions in 250 words each.

13. Briefly explain inferiority complex and striving for superiority.

14. Mention the challenges in counselling as explained by Freud.

15. Explain any two therapeutic techniques based on Gestalt therapy.

16. Summarize the applications of existential therapy.

17. Give a brief overview on behavior therapy.

18. Write a note on self efficacy.

19. Bring out the applications of mindfulness.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Elucidate the key concept, therapeutic process and applications of Adler's psychotherapy.

21. Discuss person–centered approach to counselling.

22. How will you treat a person with phobia using behavior therapy? Explain.

23. Summarize Rational Emotive behavior therapy.

24. Give a detailed account on acceptance and commitment therapy.
