DECEMBER 2024 **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 are the key concepts of psychoanalytic therapy?

2. Explain Freud's theory of the Oedipus complex.

3. What are the common goals of existential therapy?

4. How does person-centered therapy define "self-actualization"?

5. What are the main techniques used in gestalt therapy?

6. What is integrated psychopharmacology?

7. What is the ABC model in CBT?

8. What is the main focus of Cognitive Approaches to Psychotherapy?

9. Define Observational Learning in the context of psychotherapy.

10. What are the three primary expressive arts therapeutic approaches?

11. Explain the main principles of expressive arts therapies.

12. What role does mindfulness play in dialectical behaviour therapy?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What role does birth order play in Adlerian theory?

14. What are the ethical considerations in existential therapy?

15. What are the main criticisms of person-centered therapy?

16. What is the therapeutic process in behaviour therapy?

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

18. What are some common techniques used in mindfulness-based cognitive therapy?

19. How does narrative therapy empower individuals to rewrite their narratives?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. What is the therapeutic process in psychoanalytic therapy?

21. Explain the role of experimentation in gestalt therapy.

22. What are the benefits of integrating psychopharmacology with behaviour therapy?

23. How does Beck's Cognitive Therapy approach identifying and challenging cognitive distortions?

24. What strategies are used in acceptance and commitment therapy to enhance psychological flexibility?

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