MAY 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. Define Psychoanalytic therapy.

2. What is Gestalt Therapy?

3. What is the goal of commitment therapy?

4. Write the key concepts of expressive art therapy.

5. What is mindfulness based cognitive therapy?

6. Mention the symptoms of depression.

7. Define self-efficacy.

8. What is social modeling?

9. What are the characteristics of behavior modification?

10. What is dysfunctional thinking?

11. Define Superego.

12. What is Aptitude Test?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Mention the goals of Behavior therapy.

14. Intricate the Beck's model of cognitive behavioral therapy.

15. Explain the main principles and goals of narrative therapy.

16. Describe the content of the Rational Emotive Behavioral Therapy.

17. Elucidate the basic tents and concepts of psychodynamic psychotherapy.

18. Differentiate cognitive behavior therapy with behavior therapy.

19. Write a short essay on Dialectical behavior therapy.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Elaborate the therapeutic techniques of Gestalt therapy.

21. Explain the therapeutic process of psychoanalytic therapy.

22. Discuss the various steps in art therapy.

23. Elucidate the acceptance and commitment therapy.

24. Explicate the therapeutic process of Existential therapy.

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