MAY 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. Define repression.
2. What is psychoanalytic approach?
3. What do you mean by striving for superiority?
4. Describe search for meaning.
5. Define unconditional positive regard.
6. Mention any two benefits of gestalt therapy.
7. What is systematic desensitization approach?
8. Define behavioral contract.
9. Define depression.
10. What do you mean by REBT?
11. Define creative arts therapy.
12. Mention any two applications of narrative therapy.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Summarize the defense mechanisms with example.

14. Discuss the merits and demerits of Adler's therapy.

15. Mention the core components of person centered therapy.

16. Briefly explain the significance existential therapy.

17. Write a short note on flooding technique in behavior therapy.

18. Explain social modeling and its application.

19. Discuss the key concept of dialectical behavior therapy.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Discuss a case study applying psychodynamic approach.

21. Give a detailed account on existential therapy.

22. Summarize the key concepts, techniques and applications of behavior therapy.

23. Explain the treatment of depression using Cognitive Behavior Therapy.

24. Elucidate mindfulness and its applications in detail.

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