MAY 2025 **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 the goal of Adlerian psychotherapy?

2. What is transference in psychoanalytic therapy?

3. What are the foundational principles of existential therapy?

4. What are the key concepts of person-centered therapy?

5. What is the role of confrontation in gestalt therapy?

6. What is behaviour therapy?

7. What is systematic desensitization?

8. Define the term social modelling.

9. What role does cognitive restructuring play in cognitive therapy?

10. What are some core skills taught in dialectical behaviour therapy?

11. Write the key concept of narrative therapy.

12. State the key principles of acceptance commitment therapy.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What are the limitations of using psychoanalytic techniques in therapy? Discuss.

14. How does existential therapy approach anxiety? Explain.

15. In person-centered therapy, what is the importance of congruence?

16. How does CBT address negative thought patterns? Explain.

17. How does Beck's Cognitive Therapy view the role of schemas in depression? Discuss.

18. How does dialectical behaviour therapy address the concept of dialectics? Describe.

19. What role does acceptance play in acceptance and commitment therapy?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Describe the therapeutic process in Adlerian psychotherapy.

21. What are the main techniques used in existential therapy?

22. What are some common techniques used in behaviour therapy?

23. Explain the ABC model in Rational Emotive Behaviour Therapy.

24. How does mindfulness-based cognitive therapy address automatic negative thoughts?

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