

1M4M19217

(Pages : 2)

Reg. No:.....

Name:

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE
 Fourth Semester M.Sc Degree Examination, March /April 2019
MPSY4E2(4) - Psychotherapeutics – II
 (2017 Admission onwards)

Time: 3 hours

Max. Weightage : 36

PART A

Answer all questions in one or two sentences.
Each question carries one weightage

1. Cognitive triad
2. Bio-feedback
3. Vicarious learning
4. Negative practice
5. Positive punishment
6. Flooding
7. Dysfunctional schema
8. Graded exposure
9. GSR
10. Desensitization
11. Stimulus satiation
12. Token economy
13. In-vivo exposure
14. Self-efficacy

(14x 1 =14weightage)

PART B

**Answer any seven questions as short essays.
Each question carries 2 weightage**

15. What do you mean by contingency management?
16. Examine the nature of irrational beliefs according to Albert Ellis.
17. How can cognitive therapy be used in the management of psychotic conditions.
18. Examine the applications of schedules of reinforcement.
19. Describe the mechanism involving covert sensitization.
20. Discuss the applications of modeling technique.
21. Elaborate on the significance of social skills training.
22. Explain the steps involved in stress inoculation training.
23. Examine the assumptions underlying Beck's cognitive therapy.
24. Give an account of the ethical issues in behaviour modification.

(7x 2 = 14weightage)

PART C

**Answer any two from the following questions.
Each question carries 4 weightage.**

25. Examine the efficacy of relaxation techniques in the management of anxiety disorders.
26. Discuss how effectively reinforcement can be used in therapy.
27. Explain the principles of aversion therapy and its applications.
28. How can assertiveness training be used in the treatment of disorders?

(2x 4 = 8 weightage)

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(Pages : 2)

Reg. No:.....

Name:

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE
 Fourth Semester M.Sc.Degree Examination, March /April 2019
 MPSY4E1(3) - Psychotherapeutics – I
 (2017 Admission onwards)

Time: 3 hours

Max. Weightage : 36

PART A

Answer all questions in one or two sentences each.
 Each question carries 1 weightage

1. Counter conditioning
2. Gestalt therapy
3. Johari window
4. Catharsis
5. Chaining
6. Dysfunctional schemas
7. Family life cycle
8. Socratic dialogues
9. Systemic family therapy
10. Activating event
11. Unconditional self acceptance
12. Role play
13. Hedonism
14. Selective abstraction

(14×1=14 weightage)

PART B

Answer any seven questions as short essays.

Each question carries a weightage of 2

15. Differentiate between guidance, counseling and psychotherapy
16. Structural family therapy
17. Goals and possible outcomes of sensitivity training
18. Analysis and clinical utility of transference
19. Emotive techniques in REBT
20. Phases of psychodrama
21. Categories of irrational beliefs
22. Applications of psycho education
23. Client centered therapy
24. Immediate and long term goals of psychotherapy

(7×2=14 weightage)

PART C

Answer any two questions.

Each carries a weightage of 4

25. Explain the theoretical basis and techniques used in behavioral therapies.
26. Write an essay on current status of psycho analytical psychotherapy.
27. What are the factors indicating the need for family therapy? Explain its theoretical basis, goals and process.
28. Give a detailed note on general and specific factors promoting change in psychotherapies.

(2×4=8 weightage)