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School of Liberal Education**Master of Arts in Applied Psychology
Semester End Examination - May 2024****Duration : 180 Minutes****Max Marks : 100****Sem IV - PSY6037 - Psychotherapy***General Instructions**Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Define the ABC model in Behaviour therapy. K1 (2)
- 2) Discuss the central idea behind Transactional Analysis. K2 (4)
- 3) Describe the importance of systematic desensitization and exposure therapy in treating the client problems. K2 (6)
- 4) Illustrate the concept of exposure therapy in behavior therapy. How do therapists systematically expose clients to feared stimuli or situations to reduce anxiety and desensitize them to triggers, and what ethical considerations arise in the implementation of exposure-based interventions? K3 (9)
- 5) Illustrate the use of experiential techniques in Gestalt Therapy. How do techniques such as role-playing and empty chair work help clients explore unresolved conflicts and integrate disowned aspects of the self? K3 (9)
- 6) Evaluate some common irrational beliefs identified by Albert Ellis, and how do they contribute to emotional disturbances and maladaptive behaviors? K5 (10)
- 7) Compare and contrast Beck's Cognitive Therapy with Person-Centered Therapy. K4 (12)
- 8) Evaluate systematic desensitization and other exposure-based therapies, such as flooding and virtual reality exposure therapy, in terms of their effectiveness and applicability to different populations. K5 (15)
- 9) Evaluate the role of the "here and now" focus in Gestalt Therapy. How do therapists encourage clients to stay present in the moment and explore their immediate thoughts, feelings, and sensations? K5 (15)
- 10) Anna, a 30-year-old woman, presents with recurring nightmares involving suffocation and imprisonment. Using Freudian psychotherapy, explore how you would conduct dream analysis to uncover the latent content of Anna's dreams. What unconscious conflicts or desires might be revealed through the interpretation of Anna's dreams, and how would you facilitate her exploration of these unconscious processes? K6 (18)