

AU-2247

M.A. (Part—II) Examination
PSYCHOLOGY
(Psycho-Therapeutics)
Paper—III

Time : Three Hours]

[Maximum Marks : 75

Note :— (1) Attempt **FIVE** questions, selecting **ONE** from each Unit.
(2) All questions carry equal marks.

UNIT—I

1. State various definitions of Psychotherapy and give a detailed account of historical perspectives of psychotherapy. 15
2. State various definitions of counselling and describe in detail nature, scope and stages of counselling. 15

UNIT—II

3. Describe Psychoanalytical therapy in detail along with its merits and demerits. 15
4. Describe in detail Client Centered Therapy by Carl Rogers along with its merits and demerits. 15

UNIT—III

5. Explain in brief :
 - (i) Behaviour therapy for treatment of Anorexia Nervosa 5
 - (ii) Behaviour therapy for Smoking and Alcoholism 5
 - (iii) Behaviour therapy for Reactive Depression. 5
6. Explain in brief :
 - (i) Behavioural modification techniques of thumb sucking 5
 - (ii) Behavioural treatment for nail biting 5
 - (iii) Behavioural therapy for tension and headache. 5

UNIT—IV

- | | |
|--|---|
| 7. Explain in brief : | |
| (i) Rational Emotive Therapy by Albert Ellis | 5 |
| (ii) Existential Therapy | 5 |
| (iii) Marital Therapy. | 5 |
| 8. Explain in brief : | |
| (i) Transactional Analysis | 5 |
| (ii) Family Therapy | 5 |
| (iii) Suicide Tendencies : Its detection and prevention. | 5 |

UNIT—V

- | | |
|---|---|
| 9. Explain in brief : | |
| (i) Deep Muscle Relaxation Therapy | 5 |
| (ii) Burn Out Stress Syndrome (B.O.S.S) | 5 |
| (iii) Bio feedback device. | 5 |
| 10. Explain in brief : | |
| (i) Assertiveness Training | 5 |
| (ii) Time Management | 5 |
| (iii) Yoga as a treatment of various disorders. | 5 |