

AQ – 433

M. A. (Part – II) Examination

PSYCHOLOGY

Paper – III

(Psychotherapeutics)

P. Pages : 3

Time : Three Hours]

[Max. Marks : 75

- Note :** (1) Selecting only one question from each unit solve five questions in all.
(2) All questions carry equal marks.

UNIT I

1. Give the definition and objectives of psychotherapy.
Discuss the range of disorders treated by psychotherapy 15
2. What is the nature and scope of counseling?
Discuss the importance of various counseling applications. 15

UNIT II

3. Discuss the Neo-Freudian approaches in detail. 15

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4. What are the basic concepts of Gestalt therapy.
Discuss gestalt view of psychotherapy. 15

UNIT III

5. Answer in brief :—

- (a) What is the historical perspective of Behaviour therapy.
- (b) How can 'Behavior Therapy' be applied to treat smoking and Alcoholism
- (c) What are the steps to treat obsessive compulsive neurosis. 15

6. Explain in brief :—

- (a) Behavioral treatment of 'Phobic reactions.
- (b) Treatment of Thumb sucking.
- (c) Treatment of non – assertiveness. 15

UNIT IV

7. Explain in brief :—

- (a) Rational Emotive Therapy (RET).

(b) Logo Therapy.

(c) Transactional analysis (TA). 15

8. Explain in brief :—

- (a) T – graph and its evaluation.
- (b) Psychodrama.
- (c) Suicide prevention. 15

UNIT V

9. Explain in brief :—

- (a) Transcendental Meditation (TM).
- (b) Yoga Techniques.
- (c) Deep muscles relaxation. 15

10. Explain in brief :—

- (a) Stress management.
- (b) Time Management.
- (c) Bio – feedback assertiveness training. 15