

02043

M.A. IN PSYCHOLOGY (MAPC)

Term-End Examination

December, 2014

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 hours

Maximum Marks : 50

Note : Attempt five questions in all. All questions carry equal marks. Each question is to be answered in about 500 words.

1. Define the concept of Defense Mechanisms. **2+8**
Discuss various types of defense mechanisms.

2. Discuss the following : **5+5**
 - (a) Attachment Theory (John Bowlby)
 - (b) The Unconscious

3. Define the concept of operant conditioning. **3+7**
Discuss the following with reference to behaviour modification :
 - (a) Shaping
 - (b) Reinforcement
 - (c) Stimulus control

4. Discuss the basic assumptions of cognitive **3+7**
behaviour therapy. Explain in detail any two techniques of CBT.

5. Give a brief account of historical developments of integration therapy movement. What are the variables responsible for the growth of psychotherapy integration ? 5+5
6. Discuss the following with reference to Roger's client centred therapy : 10
- (a) Unconditional Positive Regard
 - (b) Empathic Understanding
 - (c) Transparency
7. Discuss briefly the merits and demerits of traditional psychotherapeutic methods. Throw light on the emerging trends in psychotherapy. 5+5
8. Explain the principles of group psychotherapy. Differentiate between group psychotherapy and individual psychotherapy. 5+5
9. Discuss the psychodynamic approach to couple therapy and its limitations. 10
10. Write short notes on the following : 5+5
- (a) Terminal illness and psychotherapy
 - (b) Psychotherapy in dementia
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