

31/5/24



**DOON UNIVERSITY, DEHRADUN**  
**End- Semester Examination, Even Semester, 2024**  
**Academic Year 2023-24 (Odd/Even Semester)**  
**School of Social Sciences/ Department of Psychology**  
**B. A. Sem-IV**  
**PYC- 252**  
**Psychotherapies**

**Date: 13.03.2024**  
**Time Allowed 2 hour**

**Maximum Marks: 50**

**SECTION: A**

**(Very Short Answer Type Questions)**

**(Answer all questions) [1x10=10]**

**Q.1-**The cognitive triad of depression, negative views of self, the world, and future, was explained by

A. Aron Beck (1967) B. Frankl (1988) C. Joseph Wolpe D. Winnicott

**Q.2-** What is the goal of transactional analysis therapy?

- A) To analyze financial transactions
- B) To understand unconscious conflicts
- C) To promote effective communication and healthy relationships
- D) To resolve legal disputes [1]

**Q.3-**According to Adlerian therapy, what is the primary motivation for human behavior

- A) Biological drives
- B) Unconscious conflicts
- C) Striving for superiority
- D) Social conditioning

**Q.4-** In existential therapy, what is meant by "existential anxiety"?

- A) Fear of social situations
- B) Fear of abandonment
- C) Fear of death and meaninglessness
- D) Fear of failure

**Q.5-** Who is NOT related to behaviour therapy?

A. Joseph Wolpe B. Watson C. Ivan Pavlov D. Melanie Klein



Q.6- In transactional analysis, which ego state is rational, logical, and objective?

- a) Parent    b) Child    c) Adult    d) Supervisor

Q.7-Which technique is commonly used in CBT to help clients identify and challenge irrational beliefs?

- a) Systematic desensitization  
b) Exposure therapy  
c) Socratic questioning  
d) Dream analysis

**Define**

Q.8-self disclosure

Q.9-Empathy

Q.10-Unconditional Positive Regard

**SECTION: B**

**(Short Answer Type Questions)**

(Answer any three questions)

[4x5=20]

Q.11- Explain any two therapeutic techniques of Adlerian Individual approach. [4]

Q.12- Explain JOHARI window with suitable example.[4]

Q. 13-Discuss the concept and importance of mindfulness. [4]

Q. 14-How empathy can be measurable? [4]

Q.15- Explain the aim of psychotherapy in brief.[4]

**SECTION: C**

**(Long Answer Type Questions)**

(Answer any two)

[2X10=20]

Q. 16 -Discuss the gestalt view towards human nature and therapeutical techniques in details.[10]

Q. 17-Dicuss the importance of psychoeducation, explain the categories and strategies of effectively providing the psychoeducation. [10]

Q.18-Describe the assessment methods used in cognitive behaviour therapy. [10]



