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End Semester Examination, December 2024
M.A Psychology- III Semester
Psychological Therapies (SHPS713A)

Time: 2.5 hrs.

Max Marks: **50**

Note: *All Questions are compulsory. Marks are indicated against each question.*

PART-A

Q.1 Attempt any five questions:

- | | |
|---|-----------------------|
| (a) Define psychological therapy and briefly describe its scope. | [CO-1] [L-1] 2 |
| (b) Explain the role of client-related variables in the effectiveness of therapy. | [CO-1] [L-1] 2 |
| (c) What are the ethical considerations important in therapeutic practice? | [CO-1] [L-1] 2 |
| (d) Describe the key differences between counseling and psychotherapy. | [CO-1] [L-1] 2 |
| (e) List two specific factors that influence the therapeutic process. | [CO-1] [L-1] 2 |
| (f) What is the importance of professional training in psychological therapy? | [CO-1] [L-1] 2 |
| (g) Define Rational Emotive Behavior Therapy (REBT). | [CO-1] [L-1] 2 |

2x5

PART-B

Q.2 Explain how interdisciplinary approaches enhance therapeutic effectiveness. Provide examples.

[CO2] [L-2] (10)

OR

Discuss the importance of understanding social and environmental factors in the therapeutic process.

[CO2] [L-3] (10)

Q.3 Describe Beck's Cognitive Therapy and discusses its effectiveness for treating depression.

[CO3] [L-3] (10)

OR

How would you use Rational Emotive Behavior Therapy (REBT) to address irrational beliefs?
Explain its process.

[CO3] [L-3] (10)

Q.4 Analyze the contributions of psychoanalytic and humanistic therapies in understanding human

behavior.

[CO4] [L-4] (10)

OR

Compare and contrast Freud's psychoanalytic approach with Adlerian psychotherapy.

[CO4] [L-4] (10)

Q.5 Describe an eclectic approach to therapy and its advantages in a counseling setting.

[CO5] [L-5] (10)

OR

Explain how eclecticism can help therapists adapt to the needs of diverse clients. [CO5] [L-5] (10)