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**BRAINWARE UNIVERSITY**

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**Term End Examination 2024-2025****Programme – M.Sc.(APSY)-2023****Course Name – Psychotherapeutic & Counselling Skills****Course Code - APSY403****( Semester IV )****Full Marks : 60****Time : 2:30 Hours**

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

**Group-A**

(Multiple Choice Type Question)

1 x 15=15

1. *Choose the correct alternative from the following :*

- (i) Identify which of the following is not a method of relaxation.
  - a) Visual imagery
  - b) Mountain meditation
  - c) Muscle relaxation
  - d) Rave party
- (ii) Identify which of the following is NOT a principle of psychotherapy.
  - a) Respect for client autonomy
  - b) Nonjudgmental acceptance of the client
  - c) Imposition of values of the therapist on the client
  - d) Confidentiality and privacy
- (iii) Identify the method that Freud originally used to treat conversion.
  - a) CBT
  - b) Medicines
  - c) Hypnosis
  - d) Transference
- (iv) Associate countertransference with the correct option.
  - a) The therapist takes fees from the client
  - b) The therapist charges more fees from wealthy client
  - c) The therapist records session after taking consent
  - d) The therapist responds to the messages of the client in the middle of the night
- (v) Indicate the exact number of sessions in the brief therapy style of Mann.
  - a) 10
  - b) 15
  - c) 12
  - d) 23
- (vi) Select which of the following is a key component in all styles of brief therapy.
  - a) Interpretation
  - b) Activity Scheduling
  - c) Paradoxical Intentions
  - d) Dance Movement
- (vii) Select which of the following statements best reflects the attitude of the therapist in person-centered therapy.
  - a) I have the expertise to diagnose and treat your problems
  - b) You are the expert on your own experiences, and I am here to support you

- c) Let me provide you with practical solutions to solve your issues
- d) You need to change your behaviors to feel better
- (viii) Identify the technique in Gestalt Therapy that involves role-playing different parts of oneself or conflicting emotions.
- a) Dream analysis
- b) Empty chair technique
- c) Free association
- d) Rational Emotive Imagery
- (ix) Select what does Confluence indicate in Gestalt therapy.
- a) Congregation of ideas
- b) Distribution of identity
- c) Fearfulness
- d) Blurring of differentiation between self and environment
- (x) Infer what is emphasized by Existential therapy.
- a) Analyzing childhood experiences
- b) Discovering unconscious motives
- c) Individual responsibility and freedom
- d) Identifying maladaptive thought patterns
- (xi) Illustrate from the following which one is a goal of existential therapy.
- a) Overcome unconscious conflicts
- b) Adapt to societal norms
- c) Explore the authentic existence
- d) Suppress existential anxiety
- (xii) Infer what is true about suffering according to Existential therapy.
- a) Is inherent in the human condition
- b) Can be eliminated through medication
- c) Is caused by external circumstances
- d) Indicates psychological pathology
- (xiii) Select the other name for the family therapy model of Bowen.
- a) Functional Family therapy
- b) Attachment family therapy
- c) Intergenerational Family therapy
- d) Communication Family therapy
- (xiv) Infer which of the following is a special type of group therapy.
- a) Dialectical Behaviour Therapy
- b) Alcoholics Anonymous
- c) Emotion Focused Therapy
- d) Client Centered Therapy
- (xv) Choose the option which is NOT a module of DBT.
- a) Mindfulness
- b) Emotion Regulation
- c) Hypnosis
- d) Distress Tolerance

#### Group-B

(Short Answer Type Questions)

3 x 5=15

2. List the four common basic components of all psychotherapies as mentioned by Frank (1991). (3)
3. Give two examples of Postive transference in therapy situations. (3)
4. Summarize the qualities of transference. (3)
5. Explain the nature of existential anxiety. (3)
6. Formulate the concept of Token Economy used in Behaviour Therapy. (3)

OR

Express Socratic questioning as a method of CBT. (3)

#### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Appraise the basic principles of Motivational Interviewing. (5)
8. Compile the different stages involved in Modeling based behaviour therapy. (5)
9. Express the concept of Shame attacking exercises in REBT. (5)
10. Illustrate some factors that lead to marital distress. (5)
11. Develop a model CBT based therapy plan for a patient diagnosed with Major Depressive Disorder. (5)
12. Illustrate what happens in the Fostering Expression phase of Psychoanalysis. (5)

OR

Explain what happens in the Interpretation phase of Psychoanalysis. (5)