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## BRAINWARE UNIVERSITY

Term End Examination 2024-2025

Programme – B.Sc.(PSY)-Hons-2022

Course Name – Counseling & Psychotherapy

Course Code - PSYC601

( Semester VI )

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 a reason why psychodynamic therapy is sometimes considered less effective than cognitive-behavioural therapy.
  - a) It ignores emotions and focuses only on behavior
  - b) It lacks structured, evidence-based techniques
  - c) It does not address unconscious thoughts
  - d) It rejects the influence of early childhood experiences
- (ii) Identify the primary focus of humanistic and existential approaches.
  - a) Diagnosing mental disorders
  - b) Encouraging personal growth and self-awareness
  - c) Controlling unconscious conflicts
  - d) Eliminating negative emotions completely
- (iii) Select the key principle of humanistic and existential therapy.
  - a) Free will and personal responsibility .
  - b) Behavioral reinforcement
  - c) Unconscious conflict resolution
  - d) Genetic predisposition to mental illness
- (iv) Choose a fundamental concern addressed in existential therapy.
  - a) Analyzing childhood experiences
  - b) Confronting freedom and mortality
  - c) Reducing symptoms with medication
  - d) Correcting thought distortions
- (v) Choose the term that describes the process of reaching one's fullest potential in humanistic therapy.
  - a) Self-doubt
  - b) Self-actualization
  - c) Self-denial
  - d) Self-resistance
- (vi) Identify a limitation of humanistic and existential approaches.
  - a) Lack of emphasis on emotions
  - b) Unsupportive and limited empirical research
  - c) Over-reliance on structured techniques
  - d) Focus only on unconscious conflicts
- (vii) Identify the therapy approach that encourages self-exploration and self-worth.
  - a) Client-centered therapy
  - b) Cognitive therapy

- c) Psychoanalysis
- (viii) Identify the approach that suggests personal responsibility plays a major role in mental health.
- a) Biological approaches  
b) Psychodynamic approaches  
c) Cognitive-behavioral approaches  
d) Humanistic and existential approaches
- (ix) Select the therapy developed by Albert Ellis that challenges irrational beliefs.
- a) Rational-emotive therapy  
b) Gestalt therapy  
c) Psychoanalysis  
d) Existential therapy
- (x) Identify a common technique used in cognitive-behavioural therapy (CBT).
- a) Free association  
b) Cognitive restructuring  
c) Hypnosis  
d) Dream interpretation
- (xi) Identify the main belief of CBT regarding thoughts and behaviors.
- a) Thoughts influence emotions and behaviors  
b) Behavior is independent of thought patterns  
c) Emotions should be ignored during therapy  
d) Genetics is the sole determinant of mental illness
- (xii) Choose the key assumption of CBT about dysfunctional thinking.
- a) It is the sole cause of abnormal functioning  
b) It may result from abnormal functioning rather than cause it  
c) It has no impact on mental health  
d) It is entirely unrelated to emotions
- (xiii) Choose the therapy approach that is most structured and evidence-based.
- a) Psychoanalysis  
b) Cognitive-behavioural therapy  
c) Existential therapy  
d) Client-centered therapy
- (xiv) Identify a disorder commonly treated with cognitive-behavioural therapy.
- a) Depression  
b) Cancer  
c) Epilepsy  
d) Hypertension
- (xv) Select the major goal of cognitive-behavioural therapy.
- a) To help clients change harmful thought patterns into useful ones  
b) To avoid discussing thoughts and emotions  
c) To focus only on past experiences  
d) To eliminate negative emotions completely

#### Group-B

(Short Answer Type Questions)

3 x 5=15

2. Discuss the symptoms of ADHD. (3)
3. Explain Eclectic Counseling. (3)
4. Discuss common misconceptions about counseling. (3)
5. Define burnout. (3)
6. Write the role of corporate wellness programs in industrial settings. (3)

OR

Write the importance of counseling in educational settings. (3)

#### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Examine the causes and risk factors of suicide, highlighting the role of psychological, social, and biological influences. (5)
8. Examine Worden's Four Tasks of Mourning and discuss how they offer a more active approach to coping with grief. (5)
9. Distinguish between psychoanalytic and cognitive-behavioral approaches in understanding and treating mental health disorders. (5)
10. Evaluate the strengths and limitations of DBT, considering its practical applications and challenges in diverse therapeutic settings. (5)

11. Summarize the role of the therapist in humanistic therapy and its impact on the therapeutic relationship. (5)
12. Summarize the process of free association and dream interpretation in psychodynamic therapy, emphasizing their importance in understanding unconscious motivations. (5)

OR

Summarize and analysis the working through process in psychodynamic therapy, discussing its significance in achieving lasting emotional insight and stability. (5)

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