



## BRAINWARE UNIVERSITY

Term End Examination 2023-2024  
 Programme – M.Sc.(APSY)-2022  
 Course Name – Psychotherapeutic 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 who among the following gave the standard comprehensive definition of psychotherapy.
 

a) Thorndike	b) Freud
c) Wolberg	d) Skinner
- (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) Indicate which of the following can improve therapeutic relationship.
 

a) Not listening to the client	b) Interrupting the client
c) Incorporating the feedback of the client	d) Hitting the client
- (iv) Choose which of the following is a common stressor for a beginner therapist.
 

a) Demandingness of clients	b) Forgetfulness
c) Record keeping	d) Honesty
- (v) Identify which of the following is the second stage of the concept of development by Margaret Mahler.
 

a) Symbiosis	b) Normal infantile autism
c) Transitional object	d) Secured base
- (vi) Choose how does person-centered therapy view the concept of normal or healthy functioning.
 

a) Based on adherence to societal norms and standards	b) Defined by the absence of psychopathology or symptoms
c) Seen as a process of self-discovery and personal growth unique to each individual	d) Determined by the therapists assessment of the clients behaviors and thoughts.
- (vii) Identify the technique in Gestalt Therapy that involves role-playing different parts of oneself or conflicting emotions.

- a) Dream analysis  
c) Free association
- b) Empty chair technique  
d) Rational Emotive Imagery
- (viii) Identify which of the following is NOT a key concept in Gestalt therapy.
- a) Holism  
c) Awareness
- b) Catharsis  
d) Contact
- (ix) Select what does Confluence indicate in Gestalt therapy.
- a) Congregation of ideas  
c) Fearfulness
- b) Distribution of identity  
d) Blurring of differentiation between self and environment
- (x) Select which of the following is a characteristic of Top Dog according to Gestalt therapy.
- a) Altruistic  
c) Demanding
- b) Helpless  
d) Weak
- (xi) Connect the book Mans Search for Meaning with the correct author.
- a) Rollo May  
c) Victor Frankl
- b) Irvin Yalom  
d) Martin Heidegger
- (xii) Infer what is emphasized by Existential therapy.
- a) Analyzing childhood experiences  
c) Individual responsibility and freedom
- b) Discovering unconscious motives  
d) Identifying maladaptive thought patterns
- (xiii) Select the technique that involves gradually exposing individuals to feared stimuli while teaching relaxation techniques.
- a) Token economy  
c) Flooding
- b) Aversion therapy  
d) Systematic Desensitization
- (xiv) Select the behavior therapy technique that involves exposing individuals to the feared stimulus at its maximum intensity until anxiety decreases.
- a) Systemic Desensitization  
c) Aversion Therapy
- b) Flooding  
d) Modeling
- (xv) Choose which of the following is a special type of group therapy.
- a) Dialectical Behaviour Therapy  
c) Emotion Focused Therapy
- b) Alcoholics Anonymous  
d) Client Centered Therapy

### Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain what is a transitional object as mentioned by Winnicott. (3)
3. Explain the nature of existential anxiety. (3)
4. Explain how self-disclosure can be a contributor of stress in the therapist. (3)
5. Illustrate the four common basic components of all psychotherapies as mentioned by Frank (1991). (3)
6. Evaluate the concept of Arbitrary Inference with example. (3)

OR

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

### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Report the basic structure of the empty chair technique of Gestalt Therapy. (5)
8. Summarize Intergenerational approach to family therapy as given by Bowen. (5)
9. Illustrate the nine steps of Emotionally focused couple counselling. (5)
10. Write about Exposure and Response Prevention as a method of Behaviour therapy. (5)
11. Formulate what happens in the Fostering Expression phase of Psychoanalysis. (5)
12. Explain the existential concerns as given by Rollo May. (5)

OR

Explain the types of disturbances as given by Albert Ellis.

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