



Roll No: 

--	--	--	--	--	--	--	--	--	--

## The Assam Royal Global University, Guwahati

Royal School of Behavioral & Allied Sciences

M.A. Clinical Psychology, 3<sup>rd</sup> Semester

Semester End Examination, January 2023

Course Title: Psychotherapy I

Course Code: CPY064C301

Time: 3 Hours

Maximum Marks: 70

**Note: Attempt all questions as per instructions given.**

*The figures in the right-hand margin indicate marks.*

### Section – A

1. Attempt **all** questions. (Maximum word limit 50) 2 x 8
- a. Write about the different modes of psychotherapy.
  - b. Write the goals of psychotherapy research.
  - c. Distinguish between brief psychodynamic therapy and classic psychoanalysis.
  - d. When do we use defense mechanisms?
  - e. What is unconditioned positive regard?
  - f. Define self-actualization.
  - g. Explain negative reinforcement with the help of example.
  - h. What is systematic desensitization?

### Section – B

2. Attempt **any two** of the following: 6 x 2
- a. Examine psychotherapy research strategies.
  - b. Discuss the goals of psychotherapy.
  - c. Discuss the importance of personal therapy.
3. Attempt **any two** of the following: 7 x 2
- a. Explain the process of Brief-psychodynamic therapy.
  - b. What types of techniques can be used in psychoanalysis? Explain.
  - c. Explain object relation theories.
4. Attempt **any two** of the following: 7 x 2
- a. Explain the therapeutic process of Gestalt therapy.
  - b. Explain the theoretical concepts of existential therapy.
  - c. Explain the therapeutic process of person centered therapy.
5. Attempt **any two** of the following: 7 x 2
- a. Discuss the goals and therapeutic alliance of cognitive therapy.
  - b. Explain the therapeutic techniques of behaviour therapy.
  - c. Explain the therapeutic process of rational emotive behaviour therapy.