

This question paper contains 2 printed pages.]

6891

Your Roll No.

M.A. / II Sem.

A

PSYCHOLOGY – Paper 206
(Cognitive Behaviour Therapy)

Time : 3 Hours

Maximum Marks : 38

*(Write your Roll No. on the top immediately
on receipt of this question paper.)*

*All questions are compulsory. Questions 1-4 carry 8 marks
each and Question 5 carries 6 marks.*

- I. Using Beck's CBT, how would you identify and modify the core beliefs of your client? Bring out the importance of activity monitoring and scheduling in the therapeutic process.

Or

How would you teach your client to distinguish between automatic thoughts and emotions? Illustrate the cognitive and behavioural techniques of modifying the automatic thoughts with the help of a case example.

[P.T.O.]

2. Discuss the self-instructional procedures for training a child with impulsivity and hyperactivity.

Or

How would you treat anger-control problems in an employee using Meichenbaum's stress inoculation training program?

3. Evaluate the current status of Ellis's Rational Emotive Therapy in treatment of mental disorders. Explain how REBT can be applied to non-clinical population?

Or

"Human beings are prone to irrationality". Explain this statement in the context of REBT.

4. Compare and contrast Albert Ellis's REBT with Beck's Cognitive Therapy.

Or

Is Cognitive-Behaviourism an extension of Behaviourism? Critically evaluate.

5. How would you help a client identify his/her spontaneous imagery?

Or

To what extent can imagery serve as a therapeutic tool? Explain citing examples.