

**PSYCHOLOGY –Course PS – 14(C)**  
(Cognitive Behaviour Therapy)

Time : 3 hours

Maximum Marks :75

Write your Roll No. on the top immediately on receipt of this question paper.  
All questions are compulsory. Each question carries 15 marks.

1. With the help of one of the cases that you have seen, explain the therapeutic process as used in Beck's therapy.

OR

How would you modify the dysfunctional attitudes in a client with depression? Explain some of the techniques of dealing with depression using Beck's cognitive therapy.

2. A five year old boy cannot sit at one place, cannot complete his homework, and is highly impulsive. How would you deal with such a child using Meichenbaum's self-instructional training procedure?

OR

Discuss the steps in stress inoculation training with the help of a case example.

3. The Rational Emotive Behaviour Therapy allows a good interaction between the client and the therapist as compared to therapy based on psychoanalysis for the treatment of phobic reactions. Discuss.

OR

Rational Emotive Behaviour Therapy gives insight to the client without making him dependent on the therapist and therefore the process of positive transference also does not take place between the two. Elaborate.

4. With the help of a case study that shows symptoms of Generalized Anxiety Disorder and Panic Attacks, elaborate on any four techniques that could help you to dispute the irrational beliefs in this case.

OR

Write the therapeutic process that you would follow step-wise in handling a female client aged 42 who has been discharged from the hospital five months back. She is living with her parents after a divorce and no custody of children always shouting at the servants that they are talking about her, laughing at her and ridiculing her. She is on medication from the hospital but no psychotherapy. Base your therapeutic process on Ellis's ideology.

5. What are the principles of group formation in group therapy if you want to help eight clients who are treated alcoholics, ten who are recovered drug addicts and ten who are treated schizophrenics. Discuss.

OR

Explain the structural model of family therapy. How would you assess family functioning?