

**P.G. DEGREE EXAMINATION - JUNE 2021**  
**COUNSELLING AND PSYCHOTHERAPY**  
**FIRST YEAR**  
**FUNDAMENTALS OF PSYCHOLOGY**

**Time: 3 Hours**

**Maximum Marks: 75**

**PART - A**

**(3 x 5 = 15 Marks)**

**Answer any THREE questions**

1. Bring out the key features of Psychoanalysis.
2. Write a short note on Depth Perception.
3. Distinguish Stimulus generalization and stimulus discrimination.
4. What are the steps in problem solving?
5. Identify the sources of stress.

**PART - B**

**(4 x 15 = 60 Marks)**

**Answer any FOUR questions**

6. Write an essay on Nervous system.
7. Explain Perception and perceptual process.
8. Describe the Information processing theories.
9. Comment on Aggression as a motive.
10. Analyze the theories of Motivation.
11. Highlight the various tests of Intelligence.
12. Discuss the theories of Emotion.

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**Time : 3 Hours**

**Maximum Marks : 70**

**PART A**

**(5 x 5 = 25 Marks)**

**Answer any FIVE of the following in about 300 words each**

1. Differentiate Nerve impulse and synapse.
2. State the five sense organs and their functions.
3. Write a short note on shaping of behaviour
4. Define: Encoding, Storage and Retrieval.
5. Give the meaning of Anterograde and Retrograde Amnesia
6. How does the thinking process take place?
7. Bring out the key features of decision making
8. Distinguish needs and Drives.

**PART B**

**(3 x 15 = 45 Marks)**

**Answer any THREE of the following in about 1000 words each**

9. Define Psychology. Explain the various schools of Psychology.
10. Highlight Attention and Perception in detail.
11. Describe operant conditioning and classical conditioning.
12. Analyse the theories of motivation.
13. Give an account of the various personality theories.

**P.G. DIPLOMA EXAMINATION - JUNE 2021**  
**COUNSELLING AND PSYCHOTHERAPY**  
**DEVELOPMENTAL PSYCHOLOGY**

**Time: 3 Hours**

**Maximum Marks: 70**

**PART A**

**(5 x 5 = 25 Marks)**

**Answer any FIVE questions.**

1. List out the goals of development
2. What are stages of development?
3. Enumerate the physiological functions during Babyhood.
4. Elucidate the play and common interests in childhood.
5. How is Mental Retardation classified?
6. State how socialization is developed in Babyhood
7. Bring out the happiness and hazards during Adolescence
8. Identify the vocational selection and adjustments made during Adulthood.

**PART B**

**(3 x 15 = 45 Marks)**

**Answer any THREE questions.**

9. Explain the significant facts about development.
10. Describe the Personality Development during Childhood.
11. Discuss the pervasive psychological disorders in detail.
12. Compare and contrast the characteristics of Adolescence and Adulthood.
13. Highlight the approaches to successful Aging.

**PG-A-754**

**MCP-21**

**P.G. DEGREE EXAMINATION - JUNE 2021**

**COUNSELLING AND PSYCHOTHERAPY**

**SECOND YEAR**

**PRINCIPLES AND TECHNIQUES OF PSYCHOTHERAPY**

**Time : 3 Hours**

**Maximum Marks : 75**

**PART A**

**(3 × 5 = 15 Marks)**

**Answer any THREE questions.**

1. List out the psychotherapeutic devices.
2. Write a short note on experiential therapies.
3. Outline the key features Neuro linguistic programme.
4. Write briefly about the effectiveness of psychotherapy.
5. Relate Psychotherapy and culture.

**PART B**

**(4 × 15 = 60 Marks)**

**Answer any FOUR questions.**

6. What is Psychotherapy? How self attitude plays a major role in negative beliefs?
7. Elucidate the psychodynamic therapy in detail.
8. Describe Cognitive Behaviour therapy.
9. Explain the procedure to collect case studies and mental status examination in psychotherapy?
10. Explain in detail about the preliminary points to be considered during Psychotherapy.
11. Highlights the values and therapist's responsibility in Psychotherapy.
12. Critically analyse the current issues in Psychotherapy practice.

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**COUNSELLING AND PSYCHOTHERAPY**  
**SECOND YEAR**  
**BEHAVIOR THERAPIES**

**Time: 3 Hours**

**Maximum Marks: 75**

**PART - A**

**(3 x 5 = 15 Marks)**

**Answer any THREE questions**

1. Sketch out the historical overview of Behaviorism.
2. List the therapies by classical conditioning.
3. How are phobias treated?
4. State the principles of operant conditioning.
5. Write a short note on Modeling.

**PART - B**

**(4 x 15 = 60 Marks)**

**Answer any FOUR questions**

6. Explain the major theories and experiments related to behaviourism.
7. Outline the therapies involved with imaginal flooding.
8. Describe the steps of Token economy.
9. Relate obesity and self control.
10. Discuss the Extinction procedures in detail.
11. Highlight the social learning theory.
12. Give an account of Cognitive Behaviour therapy.

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**COUNSELLING AND PSYCHOTHERAPY (LE)**  
**SECOND YEAR**  
**PSYCHOTHERAPIES**

**Time : 3 Mours**

**Maximum Marks : 75**

**PART - A**

**(3 x 5 = 15) Marks)**

**Answer any THREE questions**

1. What are the new developments in Psychoanalysis?
2. Write a short note on Existential therapy.
3. Give the meaning of strokes and script writing.
4. Enlist the major variants of group psychotherapy
5. Enumerate the key features of child psychoanalysis.

**PART - B**

**(4 x 15 = 60) Marks)**

**Answer any FOUR questions**

6. Describe the basic concepts, techniques and evaluation of gestalt Psychotherapy
7. Give an account of client centered therapy
8. Explain the types of Ego states and types of transactions.
9. Differentiate Abidhamma Therapy and Yoga Psychotherapy.
10. Discuss the general Principles of group therapy.
11. Outline Rational Emotive Therapy in detail.
12. Elucidate the current trends in Psychoanalytic.

**P.G. DEGREE EXAMINATION – JUNE 2021**  
**COUNSELLING AND PSYCHOTHERAPY**  
**BRIDGE COURSE**

**Time : 2 Hours**

**Maximum Marks : 100**

**Answer ALL questions.**

**Choose the correct answer :**

1. Psychology is the study of behaviour of
  - (a) human beings
  - (b) animals
  - (c) groups of individuals
  - (d) human beings and animal
2. The most accurate test to determine the sex of the unborn child is
  - (a) scanning                      (b) amniocentesis
  - (c) X-ray                          (d) genetic counselling
3. The true carriers of heredity are
  - (a) chromosomes              (b) genes
  - (c) spermatozoon              (d) ovum
4. The sex cells of female are called
  - (a) chromosome              (b) gene
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5. A medical procedure to deal with developmental irregularities is
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  - (b) amniocentesis
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  - (d) scanning
6. The baby gets immunity to a number of illness from
  - (a) milk                              (b) mother's milk
  - (c) colostrum                      (d) medicine
7. The branch of medicine concerned with the diseases of old age is
  - (a) geriatrics                      (b) genetics
  - (c) gerontology                      (d) paediatrics

8. The development spreads outward from the central axis of the body to the extremities is called
  - (a) proximodistal law
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9. People who follow Freud's views of personality and treatment procedure are called
  - (a) psychologists
  - (b) psychiatrists
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  - (a) primary group
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  - (c) inclusive group
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11. The central attribute of leadership is
  - (a) influence
  - (b) dominance
  - (c) likeability
  - (d) task success
12. Unjustifiable negative behaviour toward a group or its members is termed
  - (a) prejudice
  - (b) discrimination
  - (c) racism
  - (d) sexism
13. The process of influencing a person to change his attitude is
  - (a) modelling
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14. Learning in the form of training is essential for
  - (a) creeping
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15. The phenomenon of the reciprocal effects of interpersonal influence is called by Allport as
  - (a) social influence
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16. An individual's potential to learn in a specific area is determined by
  - (a) achievement test
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17. A person is inappropriately anxious in situations in which he is observed and could be criticized. This is called
- (a) phobia
  - (b) social inadequacy
  - (c) simple phobia
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18. The events that occur shortly before the onset of a disorder and appear to have induced it are called
- (a) predisposing factors
  - (b) precipitating factors
  - (c) perpetuating factors
  - (d) personality factors
19. The expression “Caught between the devil and the deep blue sea” is an example of
- (a) conflict
  - (b) approach-approach conflict
  - (c) approach-avoidance conflict
  - (d) avoidance-avoidance conflict
20. The electro-encephalogram is used to diagnose
- (a) brain disorders
  - (b) heart diseases
  - (c) organic disorders
  - (d) psychotic disorder
21. A hypothesis that presumes no relationship or difference between two variables is
- (a) null hypothesis
  - (b) alternative hypothesis
  - (c) directional hypothesis
  - (d) non-directional hypothesis
22. “Intelligence is what intelligence test measures’. This is,
- (a) the definition of Guilford
  - (b) spearman’s definition
  - (c) a theoretical construct
  - (d) an operational definition
23. Any attempt to change right or left handedness will produce
- (a) nervous tension
  - (b) stuttering and stammering
  - (c) reading disorder
  - (d) all the above

24. Recurring thoughts over which the individual has no control is known as
- (a) doubts
  - (b) obsessions
  - (c) compulsion
  - (d) delusions
25. Defense mechanisms reduce anxiety by
- (a) distorting reality
  - (b) resolving conflicts between the ego and super ego
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26. A correlation coefficient of zero tells us that two variables are
- (a) measuring the same thing
  - (b) positively correlated
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27. An unconscious blocking of painful memories is known as
- (a) repression
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29. Learning disability such as dyslexia come under the scope of
- (a) child psychology
  - (b) counselling psychology
  - (c) school psychology
  - (d) educational psychology
30. The criterion used to divide child-hood from adolescence is
- (a) maturity
  - (b) intellectual maturity
  - (c) physical maturity
  - (d) sexual maturity
31. The following one that is not a common characteristic of neurosis is
- (a) functional disorder
  - (b) organic brain disease
  - (c) touch with reality
  - (d) discrete reality

32. Repeated washing of hands even when not dirty is indicative of
- (a) ADHD
  - (b) OCD
  - (c) PTSD
  - (d) ODD
33. The popular term for the arithmetic mean is
- (a) average
  - (b) central tendency
  - (c) true representative
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34. Mode is calculated by the formula
- (a)  $3 \text{ Mean} - 2 \text{ Median}$
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