

Question Paper

Exam Date & Time: 25-Jun-2024 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FOURTH SEMESTER M.Sc. CLINICAL PSYCHOLOGY DEGREE EXAMINATION - JUNE 2024
SUBJECT: CPY6201 - COGNITIVE BEHAVIOR THERAPY
(2021 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

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| 1) | Describe the modes, paradigms, and applications of exposure therapy. | (20) |
| 2) | Discuss in detail the modules, application, and challenges in using DBT. | (20) |
| 3A) | Explain positive punishment procedures with examples. | (10) |
| 3B) | Discuss different methods of direct behavioural observation. | (10) |
| 3C) | Examine behavioural experiments in CBT. | (10) |
| 3D) | Principles and application metacognitive therapy. | (10) |
| 4A) | List the steps in habit reversal. | (5) |
| 4B) | List the various types of prompts with examples. | (5) |
| 4C) | Guided discovery. | (5) |
| 4D) | Cognitions in depression. | (5) |

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FOURTH SEMESTER M.Sc. CLINICAL PSYCHOLOGY DEGREE EXAMINATION - JUNE 2024
SUBJECT: CPY6202 - TYPES OF PSYCHOTHERAPY
(2021 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

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| 1) | Explain the therapeutic techniques in psychoanalysis. | (20) |
| 2) | Explain specific interventions in solution focused therapy. | (20) |
| 3A) | Elaborate steps involved in the practice of Gestalt therapy. | (10) |
| 3B) | Discuss Problem areas in Interpersonal Psychotherapy. | (10) |
| 3C) | Explain various theoretical approaches to sex therapy. | (10) |
| 3D) | Explain various types of play. | (10) |
| 4A) | Explain the steps involved in the Existential Therapy. | (5) |
| 4B) | Distinguish between psychotherapy and counselling. | (5) |
| 4C) | Discuss principles of emotional change. | (5) |
| 4D) | Explain ventilation and externalization of interests. | (5) |

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