# MANIPAL ACADEMY OF HIGHER EDUCATION

## FOURTH SEMESTER M.Sc. CLINICAL PSYCHOLOGY DEGREE EXAMINATION – JUNE 2019

### SUBJECT: MCP 202: COGNITIVE BEHAVIOR THERAPY – I

Tuesday, June 11, 2019

Time: 10:00 – 13:00 Hrs.                                      Max. Marks: 80

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🖋 Answer ALL the questions.

1. Write essay on:

1A. Discuss procedures to reduce undesirable behaviour.

1B. Discuss operant conditioning with an emphasis on its application in behaviour therapy.

(20 marks × 2 = 40 marks)

2. Write short essays on:

2A. Social skills training in schizophrenia.

2B. Discuss theoretical basis of extinction and briefly mention steps involved in carrying out extinction.

(10 marks × 2 = 20 marks)

3. Write short notes on:

3A. Assertion training

3B. Flooding

3C. Differential reinforcement

3D. Backward and forward chaining

(5 marks × 4 = 20 marks)

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## FOURTH SEMESTER M.Sc. CLINICAL PSYCHOLOGY
## DEGREE EXAMINATION – JUNE 2019

SUBJECT: MCP 204: COGNITIVE BEHAVIOR THERAPY – II

Thursday, June 13, 2019

Time: 10:00 – 13:00 Hrs.                                    Max. Marks: 80

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    Answer ALL the questions.

1.    Write essay on:

1A.    Discuss cognitive behavioural models of GAD.

1B.    Discuss practise of Dialectical behaviour therapy with emotionally unstable clients.

            (20 marks × 2 = 40 marks)


2.    Write short essays on:

2A.    Applications of CBT in infertility

2B.    Assessment in cognitive behaviour therapy

            (10 marks × 2 = 20 marks)


3.    Write short notes on:

3A.    Basic principles of CBT

3B.    Homework in CBT

3C.    Clark's model of Panic

3D.    Behavioural activation

            (5 marks × 4 = 20 marks)