

D 124209

(Pages : 2)

Name.....

Reg. No.....

**TENTH SEMESTER INTEGRATED P.G. DEGREE (REGULAR)
EXAMINATION, APRIL 2025**

(CBCSS)

Psychology

PSY 10 IB 02—PSYCHOTHERAPEUTICS—II

(2020 Admissions only)

Time : Three Hours

Maximum : 80 Marks

Section A*Answer any **ten** questions in two **or** three sentences each.**Each question carries 2 marks.*

1. Vicarious conditioning.
2. Extinction.
3. Behaviour contract.
4. Behaviour rehearsal.
5. Token economy.
6. Covert sensitization.
7. Stimulus satiation.
8. Paretic aversion.
9. Stimulus generalisation.
10. GSR.
11. Biofeedback.
12. Flooding.

(10 × 2 = 20 marks)

Turn over

Section B

*Answer any **five** questions in a paragraph of about half a page to one page.*

Each question carries 8 marks.

13. Assertiveness training.
14. Social Learning.
15. Types and Schedules of reinforcement.
16. Contingency management.
17. Current practice in behaviour therapy.
18. Systematic desensitization.
19. Yoga based techniques of behaviour modification.

(5 × 8 = 40 marks)

Section C

*Answer any **two** questions in an essay each.*

Each question carries 10 marks.

20. Briefly explain ethical and professional issues in behaviour modification.
21. Discuss Relaxation based techniques of behaviour modification with special emphasis to JPMR.
22. Make a comparison of classical and operant conditioning.
23. Explain the rationale and techniques of CBT.

(2 × 10 = 20 marks)