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MPCE-013

**MASTER OF ARTS
(PSYCHOLOGY)
(MAPC)**

Term-End Examination

December, 2025

MPCE-013 : PSYCHOTHERAPEUTIC METHODS

Time : 2 Hours

Maximum Marks : 50

Note : *All Sections are compulsory.*

Section—A

Note : *Answer any two of the following questions in about 450 words each.*

2×10=20

1. Define behaviour modification and describe its characteristics. 3+7

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P. T. O.

2. Discuss the treatment principles and interventions of solution-focused therapy.

5+5

3. Differentiate between group and individual psychotherapy. Explain the therapeutic principles in group therapy.

4+6

4. Explain psychodynamic couples therapy with reference to object relations approach.

10

Section—B

Note : Answer any **four** of the following questions in about **250** words each.

4×6=24

5. Discuss basic tenets and concepts of psychoanalytic therapy. 6
6. Discuss the characteristic features of short-term therapy. 6
7. Describe the techniques used in cognitive behaviour therapy. 6
8. Explain psychotherapy with people during middle adulthood. 6

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9. Describe emotional reactions of patients with terminal illness. 6

Section—C

Note : Write short notes on any **two** of the following in about **100** words each.

2×3=6

10. Self-disclosure.
11. Interpersonal therapy.
12. Psychotherapy in dementia.

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