

**23P431**

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Name : .....

Reg. No : .....

**FOURTH SEMESTER M.Sc. DEGREE EXAMINATION, APRIL 2025**

(CBCSS-PG)

(Regular/Supplementary/Improvement)

**CC22P CPY4 C13 - PSYCHOTHERAPEUTICS - II**

(Clinical Psychology)

(2019 Admission onwards)

Time: 3 Hours

Maximum: 30 Weightage

**Part-A**

Answer any *four* questions. Each question carries 2 weightage.

1. Discuss about graded exposure.
2. Discuss the applications of extinction procedures.
3. Explain the applications of assertiveness training.
4. Discuss the stages of modelling.
5. Discuss about JPMR technique.
6. Explain REBT.
7. Describe mindfulness based cognitive therapy.

**(4 × 2 = 8 Weightage)**

**Part-B**

Answer any *four* questions. Each question carries 3 weightage.

8. Briefly describe the working relationship and functional analysis in behaviour therapy.
9. Explain the theory and therapy of implosion therapy with example.
10. Discuss about the procedure of contingency management and its applications.
11. Explain about different types of relaxation techniques.
12. Discuss about biofeedback techniques in behaviour therapy.
13. Explain the cognitive views of psychopathology.
14. Discuss the process involved in stress inoculation new wave therapies.

**(4 × 3 = 12 Weightage)**

**Part-C**

Answer any *two* questions. Each question carries 5 weightage.

15. Describe the theory, principles and schedules of reinforcement in operant conditioning.

16. Brief the different techniques of behaviour modification.
17. Discuss about chemical and verbal aversion.
18. Explain about breathing exercises and meditation.

**(2 × 5 = 10 Weightage)**

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