22/10/25

TM253302P

Reg. No :.....

Name :.....

MASTER'S DEGREE (C.S.S) EXAMINATION, OCTOBER 2025

2024 ADMISSIONS REGULAR

SEMESTER III - CORE COURSE

PY3C11TM - Cognitive and Behaviorally Oriented Therapies

Time : 3 Hours **Maximum Weight : 30**

Part A

I. Answer any Eight questions. Each question carries 1 weight **(8x1=8)**

1. Explain the importance of stimulus control in behaviour therapy
2. "It is assumed that any techniques subsumed under the label behavior therapy have been subjected to empirical test and have been found to be relatively effective." Discuss.
3. Describe autogenic relaxation technique.
4. Write a short note on cognitive restructuring.
5. Write a short note on activity reinforcer.
6. Explain modeling and role - play technique?
7. Discuss extinction procedures
8. Write a note on cognitive punishment?
9. Write a note on covert assertion.
10. Write a note on false feedback?

Part B

II. Answer any Six questions. Each question carries 2 weight **(6x2=12)**

11. Discuss in detail any four assumptions of behavior therapy.
12. Write a short note on the initial interview.
13. Explain automated desensitization with examples.
14. Identify the type of reinforcement/ punishment mentioned here and elaborate on it: 'Restrictions are removed from prisoners when they behave well'.
15. Write a short note on contingent aversive control.
16. Discuss rational emotive therapy and its techniques.
17. Discuss stress inoculation in the treatment of anger.
18. Explain operant methods in self-control.

Part C

III. Answer any Two questions. Each question carries 5 weight **(2x5=10)**

19. Describe the procedure in Jacobson's relaxation technique.
20. Explain the following: (i) Response cost (ii)Differential reinforcement (iii) Coverant control
21. The counselor who cannot convey empathy is like a tree in a forest that falls with no one around. What other analogy do you think is appropriate to describe this phenomenon? Discuss.
22. Discuss the application of cognitive behaviour therapy in dealing with ocd.