

FOURTH SEMESTER M.Sc. DEGREE EXAMINATION, APRIL 2024**(Regular/Improvement/Supplementary)****PSYCHOLOGY****FPSY4E07: PSYCHOTHERAPEUTICS-II****Time: 3 Hours****Maximum Weightage: 30****Part A: Answer *any four* questions. Each carries *two* weightage.***Write short notes on:*

1. EMG.
2. The minimal effective response.
3. Stimulus satiation.
4. Respondent behavior.
5. Applications of bio-feedback.
6. Antecedent operations.
7. Relaxation induced anxiety.

(4 × 2 = 8 weightage)**Part B: Answer *any four* questions. Each carries *three* weightage.**

8. Illustrate how contingency management can be used for the management of classroom behaviors?
9. Discuss 'extinction' as a psychological principle and describe its applications in therapy.
10. Analyze the indications and contraindications for JPMR.
11. Modelling can be used for the acquisition and facilitation of behaviors. Justify this statement with examples.
12. Explain the rationale of constructing anxiety hierarchy in systematic desensitization.
13. Discuss the processes involved in stress inoculation therapy.
14. How will you assess the need for social skill training in a client? Discuss the strategies you may use to train social skills.

(4 × 3 = 12 weightage)**Part C: Answer *any two* questions. Each carries *five* weightage.**

15. Discuss how the negative-cognitive triad works in association with cognitive distortions leading to psychopathology.
16. Give a detailed account on the ethical and professional issues associated with behavior modification.
17. Explain the principles of operant conditioning. Illustrate how they have been utilized while designing various interventions.
18. Elaborate on the concept of 'self-control techniques'. Discuss the common scenarios in which they have been applied.

(2 × 5 = 10 weightage)