

No. of Printed Pages : 3

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

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

[3]

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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