Multiple Choice Questions

1. **Who developed Logotherapy?**
   (a) Carl Rogers
   (b) Fritz Perls
   (c) Victor Frankl
   (d) Albert Ellis

2. **What therapy uses free association and dream interpretation?**
   (a) Cognitive Behaviour Therapy
   (b) Behaviour Therapy
   (c) Psychoanalytic Therapy
   (d) Humanistic Therapy

3. **Which therapy is best suited for treating irrational thoughts and beliefs?**
   (a) Client-centered therapy
   (b) Rational Emotive Therapy
   (c) Behaviour therapy
   (d) Psychodynamic therapy

4. **The goal of behaviour therapy is to:**
   (a) Modify unconscious conflict
   (b) Resolve childhood trauma
   (c) Eliminate faulty behaviour
   (d) Explore self-actualisation

5. **Which therapy combines breathing with chanting of mantras?**
   (a) Vipassana
   (b) Kundalini Yoga
   (c) Sudarshan Kriya Yoga
   (d) Ashtanga Yoga

6. **Which concept means the client is helped to become aware of choices and act freely?**
   (a) Psychodynamic view
   (b) Humanistic-existential view
   (c) Behaviourist view
   (d) Biological view

7. **Modelling is a behavioural technique based on:**
   (a) Free association
   (b) Vicarious learning
   (c) Catharsis
   (d) Biofeedback

8. **Token economy is used in:**
   (a) Psychodynamic therapy
   (b) Humanistic therapy
   (c) Behaviour therapy
   (d) Existential therapy

9. **Which therapy focuses on identifying and correcting faulty thought patterns?**
   (a) Rational emotive therapy
   (b) Client-centred therapy
   (c) Psychoanalysis
   (d) Dream analysis

10. **The therapy that empowers patients to become self-sufficient is:**
    (a) Biomedical therapy   (b) Rehabilitation
    (c) Psychodynamic therapy   (d) Hypnosis

Fill in the blanks :

11. The therapeutic relationship between the client and therapist is also known as _____.

12. _____ therapy is based on the assumption that faulty thinking leads to psychological distress.

True / False

13. Systematic desensitisation is a humanistic technique.

14. Client-centred therapy was developed by Carl Rogers

Very Short Type Questions

15. What is free association in psychoanalysis?

16. What is unconditional positive regard?

Short Type Questions

17. Explain the principles of cognitive behaviour therapy (CBT).

18. Mention any three ethical guidelines followed in psychotherapy.

Essay Type Questions

19. Discuss the major features of humanistic-existential therapy.

20. What are the different types of psychotherapy? On what basis are they classified?

HOTS

21. **Assertion (A):** Behaviour therapy focuses on modifying observable behaviour.

    Reason (R): It uses unconscious conflicts to bring changes in thinking.

    a) Both A and R are true and R is the correct explanation

    b) Both A and R are true but R is not the correct explanation

    c) A is true, R is false

    d) A is false, R is true

CBSE | **CLASS-12 |PSYCHOLOGY**

Chapter- 5| Therapeutic Approaches

Worksheet-1
Answer & Solution

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1. **(c)** Logotherapy was developed by Victor Frankl and is based on the idea that the primary motivational force in humans is to find meaning in life.

2. **(c)** This therapy uses free association, dream interpretation, and transference to explore unconscious conflicts.

3. **(b)** Albert Ellis developed this to help individuals identify and dispute irrational beliefs.

4. **(c)** Behaviour therapy aims to remove maladaptive behaviours using conditioning techniques.

5. **(c)** A breathing-based practice that includes chanting and rhythmic breathing for relaxation.

6. **(b)** It focuses on free will, personal growth, and self-awareness.

7. **(b)** Modelling is learning through observing others, as emphasized by Bandura.

8. **(c)** Token economies use rewards to reinforce desired behaviours.

9. **(a)** Focuses on correcting faulty or irrational thought patterns.

10. **(b)** Aims to make patients self-reliant post-therapy through training and support.

11. **Therapeutic alliance-** A strong, trusting relationship between therapist and client that enhances healing**.**

12. **Cognitive therapy-** It works on the assumption that cognitive distortions cause emotional distress.

13. **False**
Systematic desensitisation is a behavioural technique used to reduce phobia-related anxiety.

14. **True**
Carl Rogers introduced client-centred therapy which emphasizes empathy and unconditional positive regard.

15. Free association is a psychoanalytic technique where the client speaks freely about anything that comes to mind without censorship. It helps uncover repressed emotions and unconscious conflicts.

16. Unconditional positive regard is the complete acceptance of a client by the therapist, regardless of what the client says or does. It helps the client feel safe and valued, promoting personal growth.

17. **Principles of Cognitive Behaviour Therapy (CBT):**
• Psychological problems are partly caused by distorted thinking.
• Individuals can learn better coping strategies.
• CBT focuses on identifying, challenging, and replacing irrational or negative thought patterns with rational ones.

It is action-oriented and short-term.

18. **Informed Consent:** Clients should be informed about the nature of therapy and voluntarily agree to participate.

Confidentiality: Information shared must be kept private unless there's a risk of harm.

Professional Competence: Therapists must only practice within their areas of expertise and training.

19. **Client-Centred Approach:**
- Developed by Carl Rogers
- Therapist is non-directive and creates a warm, accepting environment
- Uses empathy, active listening, and unconditional positive regard
- Helps the client explore their feelings and reach self-actualisation

Focus on the Present:
- Emphasis is on current feelings and behaviours rather than past events
- Encourages clients to live in the "here and now"

Responsibility and Choice:
- Based on the existential view that humans have freedom to make choices
- Encourages clients to take ownership of decisions and actions

Search for Meaning:
- Inspired by Victor Frankl's Logotherapy, where the main aim is to help clients find purpose and meaning in life

20. Psychotherapy is a structured interaction between a trained therapist and a client aimed at promoting psychological well-being, resolving internal conflicts, and alleviating mental distress.

Types of Psychotherapy (Based on Orientation):

Psychodynamic Therapy:
- Focuses on unconscious conflicts and childhood experiences
- Uses techniques like free association and dream analysis
- Example: Psychoanalysis by Freud

Behaviour Therapy:
- Based on learning theories (classical and operant conditioning)
- Focuses on modifying observable behavior
- Techniques: Systematic desensitisation, reinforcement, token economy

Cognitive Therapy:
- Focuses on changing faulty and irrational thoughts
- Includes Rational Emotive Behaviour Therapy (Ellis) and Cognitive Therapy (Beck)

Humanistic-Existential Therapy:
- Emphasizes self-growth, free will, and finding meaning
- Non-directive, client-centred
- Includes Rogers' therapy and Logotherapy

Biomedical Therapy:
- Involves medication or biological procedures like ECT
- Used for disorders like schizophrenia or major depression

21. **c) A is true, R is false**
Behaviour therapy does focus on modifying observable behaviour, but it does not deal with unconscious conflicts (that's the domain of psychoanalysis).