

CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-07

1. Which of the following is central to the therapeutic relationship in psychotherapy?
- Dream analysis
 - Empathy, trust, and unconditional positive regard
 - Medication and dosage control
 - Behaviour modification only (B)

Explanation: The therapeutic relationship is built on empathy, trust, acceptance, and unconditional positive regard, forming the basis of emotional healing.

2. On what basis are psychotherapies classified?
- Duration and number of sessions only
 - Childhood influences alone
 - Cause, origin, treatment methods, and therapist-client relationship
 - Client's willingness to pay (C)

Explanation: Psychotherapies are classified based on cause of problem, origin, treatment methods, therapist-client relationship, and benefit to the client.

3. Which of the following is NOT a technique of behaviour therapy?
- Systematic Desensitisation
 - Token Economy
 - Free Association
 - Modelling (C)

Explanation: Free association is a psychoanalytic technique, while behaviour therapy uses desensitisation, token economy, reinforcement, and modelling.

4. A person who believes "I am stupid" after being ridiculed is showing:
- Cognitive distortion
 - Rational belief
 - Positive reinforcement
 - Self-actualisation (A)

Explanation: Such negative automatic thoughts stem from faulty schemas and are examples of cognitive distortions.

5. Which therapy emphasizes self-actualisation and personal growth?
- Psychodynamic Therapy
 - Behaviour Therapy
 - Humanistic-Existential Therapy
 - Cognitive Therapy (C)

Explanation: Humanistic-Existential therapies, like Client-Centered, Gestalt, and Existential Therapy, encourage personal growth and self-actualisation.

6. Which of the following is NOT a factor contributing to healing in psychotherapy?
- Catharsis
 - Effective techniques
 - Therapeutic alliance
 - Ignoring cultural sensitivity (D)

Explanation: Healing is facilitated by effective techniques, catharsis, therapeutic alliance, and therapist-client variables, not by neglecting cultural factors.

7. Social skills training, cognitive retraining, and occupational therapy are all part of:
- Alternative Therapies
 - Rehabilitation Techniques
 - Behaviour Therapy
 - Client-Centered Therapy (B)

Explanation: Rehabilitation techniques aim to restore functioning and include occupational therapy, social skills training, and cognitive retraining.

8. How would a social learning theorist explain a phobia of lizards?
- As a repressed unconscious conflict
 - As a learned fear from observing others
 - As a medical imbalance
 - As evidence of self-actualization (B)

Explanation: Social learning theory explains phobias as acquired through vicarious learning, by observing others' fearful reactions.

9. Which disorders are most effectively treated with Cognitive Behaviour Therapy (CBT)?
- Psychotic disorders only
 - Neurological disorders only
 - Anxiety, depression, panic attacks, borderline personality disorder
 - Eating disorders only (C)

Explanation: CBT is structured, short-term, and effective for anxiety, depression, panic attacks, and personality disorders.

10. Which alternative therapy involves mindfulness practices to reduce stress?
- Acupuncture
 - Herbal Remedies
 - Meditation
 - Occupational Therapy (C)

Explanation: Meditation uses mindfulness and focused attention to reduce stress and enhance emotional regulation.