



Chapter – 5 | Therapeutic Approaches

QUIZ-01

1. What is the central feature of the therapeutic relationship?

- A. Financial support B. Empathy and trust
C. Strict discipline D. Family involvement (B)

Explanation : The therapeutic relationship is based on empathy, trust, and unconditional positive regard, which helps clients express emotions freely.

2. Which therapy is based on resolving unconscious conflicts?

- A. Behaviour therapy
B. Cognitive therapy
C. Psychodynamic therapy
D. Humanistic therapy (C)

Explanation : Psychodynamic therapy focuses on unconscious conflicts, often rooted in childhood experiences.

3. Which behaviour therapy technique is used to eliminate phobias?

- A. Token economy
B. Free association
C. Systematic desensitisation
D. Dream analysis (C)

Explanation : Systematic desensitisation involves gradual exposure to fear-inducing stimuli while maintaining relaxation.

4. What is the aim of Rational Emotive Therapy (RET)?

- A. Stimulating unconscious desires
B. Changing irrational beliefs
C. Encouraging social withdrawal
D. Analysing past trauma (B)

Explanation : RET by Albert Ellis focuses on replacing irrational beliefs with rational ones to reduce distress.

5. What is the term for a professional reward system using tokens?

- A. Reinforcement training
B. Token economy
C. Systematic desensitization
D. Aversion therapy (B)

Explanation : Token economy provides tokens for desired behaviours that can be exchanged for rewards.

6. Which therapy focuses on the present and helps in personal growth?

- A. Psychoanalysis
B. Existential therapy
C. Behaviour therapy
D. Cognitive therapy (B)

Explanation : Existential therapy emphasises present experiences and finding personal meaning in life.

7. What is the main goal of client-centred therapy?

- A. Therapist's interpretation
B. Dream analysis
C. Self-exploration and self-acceptance
D. Past trauma recall (C)

Explanation : Client-centred therapy allows the client to explore feelings in a warm, accepting, and non-judgmental environment.

8. Which therapy combines cognitive and behavioural approaches?

- A. CBT
B. RET
C. Gestalt therapy
D. Psychoanalysis (A)

Explanation : Cognitive Behaviour Therapy (CBT) integrates behavioural techniques with cognitive restructuring for effective results.

9. What does the principle of reciprocal inhibition state in desensitisation?

- A. Two opposing responses cannot coexist
B. All behaviours are inherited
C. Past determines present
D. All anxiety is permanent (A)

Explanation : Reciprocal inhibition means that relaxation inhibits anxiety during systematic desensitisation.

10. Which is an ethical guideline in psychotherapy?

- A. Revealing client secrets
B. Uninformed treatment
C. Taking consent and maintaining confidentiality
D. Forcing treatment (C)

Explanation : Ethics in psychotherapy include obtaining informed consent and maintaining client confidentiality.