

## CHAPTER-5 | Therapeutic Approaches

QUIZ  
PART-08

- What is the primary aim of psychotherapy?
  - To provide medical treatment
  - To resolve political issues
  - To change maladaptive behaviours & reduce distress
  - To promote financial independence (C)

**Explanation:** Psychotherapy seeks to modify maladaptive behaviours, thoughts, and feelings in order to reduce psychological distress.

- What is the key feature of the therapeutic relationship in psychotherapy?
  - Friendship
  - Permanent dependence
  - Unconditional positive regard
  - Formal employment (C)

**Explanation:** A central aspect of psychotherapy is the therapist's unconditional positive regard, which fosters trust and acceptance.

- Which therapy is based on the idea that irrational beliefs lead to psychological distress?
  - Client-Centred Therapy
  - Rational Emotive Therapy (RET)
  - Gestalt Therapy
  - Logotherapy (B)

**Explanation:** RET, developed by Albert Ellis, identifies irrational beliefs as the root cause of psychological distress.

- What technique is used in behaviour therapy to treat phobias?
  - Free association
  - Token economy
  - Systematic desensitization
  - Dream analysis (C)

**Explanation:** Systematic desensitisation, introduced by Joseph Wolpe, helps reduce phobias by gradually exposing clients to feared stimuli while teaching relaxation.

- What does the token economy technique involve?
  - Giving electric shocks for bad behavior
  - Collecting points that can be exchanged for rewards
  - Writing journals
  - Dream interpretation (B)

**Explanation:** Token economy reinforces adaptive behaviours by rewarding clients with tokens that can be exchanged for privileges or rewards.

- What is the typical duration of classical psychoanalysis therapy?
  - 2-3 weeks
  - A few months
  - Several years
  - One session (C)

**Explanation:** Classical psychoanalysis is a long-term therapy often lasting for several years, focusing on uncovering unconscious conflicts.

- In client-centred therapy, the therapist must provide:
  - Punishment
  - Diagnostic labels
  - Warmth, empathy & unconditional positive regard
  - Religious guidance (C)

**Explanation:** Client-Centred Therapy, developed by Carl Rogers, emphasizes empathy, warmth, and unconditional acceptance to support growth.

- Which therapy combines both cognitive and behavioural approaches?
  - Psychoanalysis
  - CBT (Cognitive Behaviour Therapy)
  - Gestalt Therapy
  - Hypnosis (B)

**Explanation:** CBT integrates cognitive restructuring with behavioural techniques to treat a wide range of disorders.

- What is the key goal of rehabilitation of the mentally ill?
  - Total hospitalization
  - Reduction of intelligence
  - Improvement in functioning and quality of life
  - Avoidance of social contact (C)

**Explanation:** Rehabilitation focuses on improving functioning, social integration, and quality of life rather than just reducing symptoms.

- What technique is used to reduce anxiety in behaviour therapy?
  - Meditation only
  - Electroconvulsive therapy
  - Progressive muscular relaxation
  - Hypnotic regression (C)

**Explanation:** Progressive muscular relaxation reduces anxiety by training clients to relax muscle groups systematically.