

## CHAPTER-5 | Therapeutic Approaches

QUIZ  
PART-04

1. Humanistic-Existential therapy developed as a reaction to:
- A. Behaviourism and Psychoanalysis
  - B. Cognitive Therapy and CBT
  - C. Logotherapy and Gestalt Therapy
  - D. Medical Model and Drug Therapy (A)

**Explanation:** This approach emerged as a response to the limitations of psychoanalysis and behaviourism, focusing instead on growth, free will, and responsibility.

2. Which concept, introduced by Carl Rogers, refers to realizing one's fullest potential?
- A. Incongruence
  - B. Unconditional Positive Regard
  - C. Self-Actualization
  - D. Authenticity (C)

**Explanation:** Self-actualization is the natural drive to realize one's potential and achieve personal growth, central to Rogers' theory.

3. Accepting clients without judgment or conditions is termed:
- A. Congruence
  - B. Empathy
  - C. Authenticity
  - D. Unconditional Positive Regard (D)

**Explanation:** Unconditional Positive Regard means offering complete acceptance and respect to clients regardless of their actions or feelings.

4. A mismatch between self-concept and actual experience is called:
- A. Congruence
  - B. Incongruence
  - C. Authenticity
  - D. Existential Vacuum (B)

**Explanation:** Incongruence occurs when there is conflict between a person's self-image and lived experiences, often leading to anxiety.

5. Which is NOT a key feature of Carl Rogers' Client-Centered Therapy?
- A. Non-directive approach
  - B. Use of dream analysis
  - C. Active listening
  - D. Empathy (B)

**Explanation:** Client-Centered Therapy emphasizes empathy, genuineness, and unconditional positive regard, not dream analysis (a psychoanalytic method).

6. Which existential psychologist developed Logotherapy?
- A. Carl Rogers
  - B. Viktor Frankl
  - C. Rollo May
  - D. Irvin Yalom (B)

**Explanation:** Viktor Frankl introduced Logotherapy, focusing on the search for meaning in life, influenced by his concentration camp experiences.

7. The concept of "Existential Vacuum" refers to:
- A. The need for unconditional positive regard
  - B. A state of emptiness and lack of purpose
  - C. Conflict between id, ego, and superego
  - D. The drive for social approval (B)

**Explanation:** Existential Vacuum describes the feeling of emptiness and meaninglessness, often leading to despair and crisis.

8. Which of the following is NOT a limitation of Humanistic-Existential Therapy?
- A. May be too idealistic
  - B. Sometimes less structured
  - C. Not effective in severe psychiatric disorders
  - D. Neglects personal growth (D)

**Explanation:** While it emphasizes growth, its limitations include being idealistic, less structured, and less effective for severe disorders.

9. Which issues are most effectively treated using Humanistic-Existential Therapy?
- A. OCD and Schizophrenia
  - B. Severe psychosis
  - C. Depression, anxiety, low self-esteem, relationship issues
  - D. Neurological disorders (C)

**Explanation:** This therapy is particularly useful for depression, anxiety, relationship difficulties, and personal growth needs.

10. Which therapy emphasizes reconnecting with disintegrated feelings?
- A. Existential Therapy
  - B. Gestalt Therapy
  - C. Client-Centered Therapy
  - D. All of the above (D)

**Explanation:** All these therapies—existential, Gestalt, and client-centered—focus on restoring wholeness by integrating fragmented experiences and feelings.