

PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (PDCP)
UNIVERSITY EXAMINATION, JUNE-2026
(PDCPT102) COUNSELING AND THERAPY

[Time allotted: Three Hours]

[Max Marks: 100]

Note: Read all the instructions carefully

Answer all questions in serial order, Draw suitable diagrams wherever necessary

SECTION - A**Q. 1. Objective Type (one-liner, true/false)****(10 x 2 = 20)**

- a. Psychoanalytic psychotherapy in its expressive mode is suited to treat psychotic disorders. **(True/ False)**
(CO1, PO6,11)
- b. What does JPMR stands for? (CO3, PO11)
- c. Expressing unpleasant feelings, asking for information, making apologies are all part of assertiveness skills training. **(True/ False)** (CO3, PO2,6,10,11)
- d. Name the learning disorder that involves difficulty in understanding numbers, learning math concepts, and performing mathematical calculations. (CO8, PO1,11)
- e. In which therapy- Therapists are available for phone consultation 24 hours per day. (CO3, PO2,6,9)
- f. Negative view of self, experience and future is the core belief of which disorder? (CO4, PO6,11)
- g. Mention definition of crisis in the context of crisis intervention? (CO5, PO9,11)
- h. Deliberate self harm may be present in Borderline Personality disorder. **(True/ False)** (CO8, PO2,6,11)
- i. Define empathy? (CO1, PO1,11)
- j. Systematic desensitization is not based on the behavioral principle of counterconditioning. **(True/ False)**
(CO3, PO2,6,11)

SECTION - B**Q. 2. Short Notes/ Short Answer type****(5 x 10 = 50)**

- a. Define psychotherapy according to Wolberg. (CO1, PO11)
- b. Discuss various models for the assessment of families and common family problems. (CO7, PO5,6,7)
- c. Discuss benefits of Heterogeneous Groups in Group therapy? (CO6, PO11)
- d. Briefly discuss types of interviews. Which one is more suitable in taking interviews of the patients?
(CO2, PO1,2,11)
- e. Discuss various Relaxation techniques used in behavior therapy and mention their importance.
(CO3, PO6,10)

SECTION - C**Q. 3. Long answer/Essay type****(2 x 15 = 30)**

- a. Mention intervention plan for the children with intellectual disability with behavior difficulties. Also explain the importance of parental counseling. (CO8, PO2,5,6,8)
- b. Discuss stages of crisis and various techniques used in crisis intervention and its application.
(CO5, PO2,6,9)