

Roll No. ....

Subject Code—2239

**P. G. DIPLOMA EXAMINATION**

COUNSELLING & BEHAVIOUR

MODIFICATION

PGDCM-05

Psychotherapy

*Time : 3 Hours*

*Maximum Marks : 100*

**Note :** Attempt *Five* questions in all, selecting at least *one* question from each Unit. All questions carry equal marks.

**Unit I**

1. What role drug therapy plays in the treatment of mental disorders ? Elaborate your answer.
2. What is Electroconvulsive therapy ? When does it given ? How does it affect mental disorders ?

(1-09-6-09)

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## Unit II

3. Why and how family therapy is given ?
4. What is Stress Inoculation Therapy ?

## Unit III

5. What are principles of Rational Emotive Therapy ?
6. Discuss steps in cognitive behaviour therapy.

## Unit IV

7. Discuss the role of community mental health programme in prevention of mental illness.
8. Show your familiarity about present mental health scenario in India.