

ASSIGNMENT

CLASS-XII

SUBJECT-PSYCHOLOGY

LESSON- THERAPEUTIC APPROACHES

1. Explain the process of psychotherapy.
2. Define the term 'psychotherapy'. Explain its goals.
3. What are the different parameters on which psychotherapies are classified?
4. Explain the methods of eliciting the nature of intrapsychic conflicts in psychoanalysis.
5. Discuss the modality of treatment in psychoanalysis.
6. Discuss the following behaviour therapies:
 - (1) Negative reinforcement
 - (2) Aversive conditioning
 - (3) Positive reinforcement
 - (4) Token economy
 - (5) Principle of reciprocal inhibition
7. How does Wolpe explain treatment of phobias?
8. Write short notes on the following cognitive therapies:
 - (1) Rational emotive therapy
 - (2) Cognitive therapy by Beck
 - (3) Cognitive Behaviour therapy
9. Write short notes on Humanistic-Existential Therapy:
 - (1) Existential therapy
 - (2) Client-centered therapy
 - (3) Gestalt therapy
10. How does biomedical therapy treat psychological disorders?
11. What are the factors contributing to healing in psychotherapy?
12. Write short notes on different alternative therapies.
13. What are the techniques used in rehabilitation of mentally ill?