

**PGDGC Final Examination, 2021****Therapeutic Approaches****Course: PGDGC-05****Time: 2½ Hours****Full Marks: 50**

*The figures in the right-hand margin indicate marks.*

*Candidates are required to give their answers  
in their own words as far as practicable*

Answer **any five** of the following questions      10 x 5 = 50

1. Discuss in brief the coping strategies with reference to a client who is stressed because he/she is anxious that h/she is disliked by everyone as he/she is worthless. 10
2. Discuss the plan of action for applying CBT to a client who believes that his/her spouse is cheating on him/her and trying to harm him/her. 4 + 6
3. For which area do you think music therapy is effective – (a) emotion regulation, (b) cognitive regulation, (c) Behavioural modification, (d) Attention modification (e) All of the above. Justify your answer. 10
4. For helping a client suffering from depression, choose one/more intervention strategies from OBT (Operant Behaviour Therapy), DBT (Dialectical Behaviour Therapy), Psychodynamic Therapy, Interpersonal Therapy, CBT (Cognitive Behaviour Therapy) and justify your choice of therapeutic strategy/ies. 10
5. Discuss some strategies of occupational therapy for children with problems in fine motor skills. 10
6. How would you differentiate between depression and death induced grief? Discuss some therapeutic intervention strategies for grief counselling (counselling families encountering death). 3+ 7

**Turn Over**

7. In using psychoanalysis as a mode of psychotherapy, discuss the significance of free association and Freudian slip for helping the client. Discuss what limitations and benefits of psychoanalysis you can face while offering therapy to a client believing that the opposite sex is trying to harm him/ her and so failing to maintain any relationship for a significant time. 5 + 5

8. Discuss in brief the four elements of Freud's description of the process of manifest content of dreams as a disguise for the latent content of the unconscious, and how this knowledge can help you to offer therapy to a suffering person with extremely disturbed sleep pattern and recurring nightmares. 10

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