# Therapeutic Approaches

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

## Section A — Choose the correct answer — 8 × 1 = 8 marks

**1.** Psychotherapy is best described as:
**(a)** a treatment that uses only medicines
**(b)** a test of intelligence
**(c)** any advice given by a friend
**(d)** a voluntary relationship between a client and a trained therapist to solve psychological problems

**2.** Kabir, afraid of dogs, stays relaxed while imagining a puppy far away, then a little closer each session. Which technique of behaviour therapy is this?
**(a)** systematic desensitisation **(b)** progressive muscular relaxation
**(c)** modelling **(d)** differential reinforcement

**3.** Who gave Rational Emotive Therapy?
**(a)** Fritz and Laura Perls **(b)** B.F. Skinner
**(c)** Wolpe **(d)** Albert Ellis

**4.** A friend says: “You poor thing, that is such a pity.” Which kind of response is this?
**(a)** intellectual understanding **(b)** empathy
**(c)** sympathy **(d)** catharsis

**5.** As a factor in healing, what is meant by catharsis?
**(a)** the therapist’s positive nature and good mental health
**(b)** the client’s motivation and expectation of improvement
**(c)** the warm, empathic, regularly available relationship
**(d)** emotional unburdening by the client

**6.** What is the cause of problems according to psychodynamic therapy?
**(a)** emotional insight
**(b)** personal growth
**(c)** conflicts within the psyche from unfulfilled childhood desires and fears
**(d)** questions about the meaning of life, and present loneliness and alienation

**7.** Suppose a course of cognitive therapy has 15 sessions (the book gives 10–20), held 1 time a week. How many weeks will it take?
**(a)** 15 weeks **(b)** 17 weeks **(c)** 16 weeks **(d)** 14 weeks

**8.** In rehabilitation, what does occupational therapy involve?
**(a)** learning skills like weaving to build work discipline
**(b)** taking an intelligence test
**(c)** free association
**(d)** developing interpersonal skills through role play and instruction

## Section B — Short answer — 8 × 2 = 16 marks

**9.** Name the two major components of the therapeutic alliance.

**10.** Name the technique of behaviour therapy in each case. (a) Zoya's parent praises polite requests and simply ignores sulking. (b) Ananya learns to speak up in class by watching the therapist act it out first.

**11.** Is each response empathy, sympathy or intellectual understanding? (a) "Losing a match happens to most players at some time." (b) "You poor thing, that is such a pity."

**12.** Who gave each? (a) logotherapy (b) Gestalt therapy

**13.** Explain each term: (a) malfunctioning behaviours (b) occupational therapy

**14.** The book suggests a calming breath exercise: breathe in deeply, hold for 5–10 seconds, breathe out, and repeat 5–10 times. Suppose a student holds each breath for 6 seconds and repeats it 6 times. How many seconds are spent holding the breath, and is this a behavioural technique for reducing arousal?

**15.** How long does each therapy usually take, as the book says? (a) classical psychoanalysis (b) cognitive therapy

**16.** Suppose a psychodynamic therapy is planned for 14 to 20 sessions at 1 a week. What is the shortest and longest it could take in weeks, and how does this compare with classical psychoanalysis?

## Section C — Word problems — 4 × 4 = 16 marks

**17.** What are the characteristics of all psychotherapies?

**18.** Match each with its meaning in RET: (a) B (belief) (b) C (consequence) (c) A (antecedent event). Choose from: the event that sets off distress; the irrational belief through which the event is seen; the negative emotions and behaviours that follow.

**19.** Rohan learns to tense and then let go of one muscle group at a time. (a) Which concept does this show? (b) Explain your answer.

**20.** Explain how each factor contributes to healing in psychotherapy, and name one ethical standard a therapist must follow: (a) patient variables (b) therapist variables

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# Answer key

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| Q | Answer | Working |
|---|---|---|
| 1 | (d) a voluntary relationship between a client and a trained therapist to solve psychological problems | — |
| 2 | (a) systematic desensitisation | — |
| 3 | (d) Albert Ellis | — |
| 4 | (c) sympathy | — |
| 5 | (d) emotional unburdening by the client | — |
| 6 | (c) conflicts within the psyche from unfulfilled childhood desires and fears | — |
| 7 | (a) 15 weeks | 15 ÷ 1 |
| 8 | (a) learning skills like weaving to build work discipline | — |
| 9 | Its contractual nature (two willing partners) and its limited duration. | — |
| 10 | (a) differential reinforcement (b) modelling | — |
| 11 | (a) intellectual understanding (b) sympathy | — |
| 12 | (a) Viktor Frankl (b) Fritz and Laura Perls | — |
| 13 | (a) behaviours that cause the client distress (b) learning skills like weaving to build work discipline | — |
| 14 | 36 seconds; yes, it is a relaxation procedure that lowers arousal | 6 × 6 |
| 15 | (a) several years (b) 10–20 sessions | — |
| 16 | 14 to 20 weeks; classical psychoanalysis may go on for several years | 14 ÷ 1; 20 ÷ 1 |
| 17 | Systematic use of a theory's principles, practice only by trained persons, a therapist and a client seeking help, and a confidential, dynamic therapeutic relationship. | — |
| 18 | (a) the irrational belief through which the event is seen (b) the negative emotions and behaviours that follow (c) the event that sets off distress | — |

| Q | Answer | Working |
|---|---|---|
| 19 | **(a) progressive muscular relaxation (b) Progressive muscular relaxation: tensing and releasing muscle groups teaches the body to relax and lowers arousal** | muscle groups are tensed and released one at a time, so progressive muscular relaxation; not systematic desensitisation, where relaxation is kept while the feared thing comes closer step by step |
| 20 | **(a) the client's motivation and expectation of improvement (b) the therapist's positive nature and good mental health; ethical standards include informed consent and confidentiality** | — |