



THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED

Q.1. Answer the following short questions. (15x2=30)

- 1) What is REBT?
- 2) Explain Stop and Monitor technique with example.
- 3) What is the rationale of Psychoeducation?
- 4) Differentiate between Paradoxical Homework and Encounter Exercises.
- 5) Differentiate between healthy and unhealthy negative emotions.
- 6) Explain reframing with example.
- 7) Explain the importance of cognitive homework.
- 8) Explain Humor and its application in clinical setting.
- 9) What are Rational Coping Statements? Explain with an example.
- 10) Explain any two types of disputing practiced in REBT.
- 11) Why sexual history is significant in therapy of client.
- 12) Differentiate between case formulation and Case Conceptualization.
- 13) Give schedules of reinforcement with examples.
- 14) Define collaborative Empiricism and its importance in therapy.
- 15) Why Mental Status Examination is necessary for assessing the client.

Q.2. Answer the following Questions. (3x10=30)

- 1) Explain in detail the Emotive techniques of REBT.
- 2) Briefly describe the differences between CBT and REBT. How automatic thoughts lead to core beliefs, explain in detail.
- 3) Explain following techniques with Rationale, method and example
 - a. Shame attacking exercise
 - b. Guided imagery
 - c. In Vivo Desensitization
 - d. Disputing
 - e. Relapse prevention.