Therapeutic Approaches

Introduction

There are various types of psychotherapy. Some of them focus on acquiring self-understanding, some other therapies are more action-oriented. The effectiveness of a therapeutic approach for a patient depends on a number of factors such as severity of the disorder, degree of distress faced by others and the availability of time, effort and money among others.

All therapeutic approaches are corrective and helping in nature. All these involve interpersonal relationship between the patient and the therapist. These can be directive or non-directive in nature.

Nature and Process of Psychotherapy

Psychotherapy is a voluntary relationship between the client (patient) and the therapist. The purpose of the relationship is to help the client to solve the psychological problems being faced by her or him.

Psychotherapies aim at changing the abnormal behaviours, decreasing the sense of personal distress and helping the client to adapt better to her/his environment.

Characteristics of Psychotherapy

Psychotherapeutic approaches have the following characteristics:

- There is systematic application of principles underlying the different theories of therapy.
- Persons who have received practical training under expert supervision

- The interaction of these two persons i.e. the therapist and the client, results in the formation of the therapeutic relationship. This is a confidential, interpersonal and dynamic relationship. This human relationship is central to any sort of psychological therapy and is the vehicle for change.

Goals of Psychotherapy

All psychotherapies aim at a few or all of the following goals:
- Support client for attaining betterment.
- Reduce emotional pressure.
- Unfolding the potential for positive growth.
- Modifying habits.
- Changing thinking patterns.
- Increasing self-awareness.
- Improving interpersonal relations and communication.
- Facilitating decision-making.
- Becoming aware of one's choices in life.
- Relating to one's social environment in a more creative and self-aware manner.

Therapeutic Relationship

The special relationship between the client and the therapist is known as the therapeutic relationship or alliance. There are two major components of a therapeutic alliance:

(i) The first component is the contractual (protected) nature of the relationship in which two willing individuals, the client and the therapist, enter into a partnership which aims at helping the client to overcome her/his problems.

(ii) The second component of therapeutic alliance is the limited duration of the therapy. This alliance lasts until the client becomes able to deal with her/his problems and take control of her/ his life.

This relationship has several unique properties. It is a trusting and confiding relationship. The high level of trust makes the client or patient to unburden himself to the therapist by saying all his psychological and personal problems. The therapist encourages this by being accepting, empathic, genuine and warm to the client.

The therapist conveys by her/his words and behaviours

Empathy Towards the Client

The therapist has empathy for the client. Empathy is different from sympathy. In sympathy, one has compassion and pity towards the suffering of another but is not able to feel like the other person. On the other hand, empathy is present when one is able to understand the plight of another person and feel like the other person.

It means understanding things from the other person's perspective. Empathy enriches the therapeutic relationship and transforms it into a healing relationship. It is also important for the therapeutic alliance that the therapist must keep secret all the experiences and feelings shared by the patient to him.

The therapist must not exploit the trust and the confidence of the client in anyway. It is a professional relationship between the therapist and the client.

Parameters of Classification of Psychotherapies

The classification of psychotherapies is based on the following parameters:

1. Cause to the Problem

Psychodynamic therapy views intrapsychic conflicts i.e. the conflicts that are present within the psyche of the person, are the source of psychological problems. According to behaviour therapies, psychological problems arise due to faulty learning of behaviours and cognitions. The existential therapies claims that the questions about the meaning of one's life and existence are the cause of psychological problems.

2. Existence of Cause

In the psychodynamic therapy, unfulfilled desires of childhood and unresolved childhood fears lead to intrapsychic conflicts. The behaviour therapy suggested that faulty conditioning patterns, faulty learning and faulty thinking and beliefs lead to abnormal (maladaptive) behaviours that, in turn, lead to psychological problems. It is the feeling of loneliness, alienation, sense of futility of one's existence, etc which cause psychological problems.

3. Method of Treatment

Psychodynamic therapy uses the methods of free

resolve the conflicts and thus overcome problems. Behaviour therapy identifies the faulty conditioning patterns and sets up alternate behavioural contingencies (events) to improve behaviour.

The cognitive methods employed in this type of theraphy challenge the faulty thinking patterns of the client help her/him overcome psychological distress.

The existential therapy provides a therapeutic environment which is positive, accepting and non-judgmental. The client is able to talk about the problems and the therapist acts as a facilitator. The client arrives at the solutions through a process of personal growth.

4. Nature of the Therapeutic Relationship between the Client and the Therapist

Psychodynamic therapy assumes that the therapist understands the client's intrapsychic conflicts better than the client himself. The therapist interprets the thoughts and feelings of the client to her/him so that she/he gains an understanding of the same.

The behaviour therapy assumes that the therapist is able to detect the faulty behaviour and thought patterns of the client. The existential therapies emphasise that the therapist provides a warm, empathic relationship in which the client feels secure to explore the nature and causes of her/his problems by herself/himself.

5. Chief Benefit to the Client

Psychodynamic therapy values emotional insight as the important benefit that the client derives from the treatment. Emotional insight is present when the client understands her/his conflicts intellectually and able to accept the same emotionally and is able to change her/his emotions towards the conflicts. The client's symptoms and distresses reduce as a consequence of this emotional insight.

The behaviour therapy considers changing faulty behaviour and thought patterns to adaptive ones as the chief benefit of the treatment. Instituting adaptive or healthy behaviour and thought patterns ensures reduction of distress and removal of symptoms.

The humanistic therapy values personal growth as the

6. Duration of the Treatment

The duration of classical psychoanalysis may continue for several years. Psychodynamic therapies are completed in 10–15 sessions. Behaviour and cognitive behaviour therapies as well as existential therapies are shorter and are completed in a few months.

Thus, different types of psychotherapies differ on multiple parameters. However, they all share the common method of providing treatment for psychological distress through psychological means. The therapist, the therapeutic relationship and the process of therapy become the agents of change in the client leading to the alleviation of psychological distress. The process of psychotheraphy begins by formulating the client's problem.

Steps in the Formulation of a Client's Problem

Clinical formulation refers to formulating the problem of the client in the therapeutic model being used for the treatment. The clinical formulation has the following advantages:

Understanding of the Problem The therapist is able to understand the full implications of the distress being experienced by the client.

Identification of the Areas to be Targeted for Treatment in Psychotherapy The theoretical formulation clearly identifies the problem areas to be targetted for therapy. Thus, if a client seeks help for inability to hold a job and reports inability to face superiors, the clinical formulation in behaviour therapy would state it as lack of assertiveness skills and anxiety. The target areas are identified as inability to assert oneself and heightened anxiety.

Choice of Techniques for Treatment The choice of techniques for treatment depends on the therapeutic system in which the therapist has been trained. However, even within this broad domain, the choice of techniques, timing of the techniques and expectations of outcome of the therapy depend upon the clinical formulation.

This clinical formulation is an ongoing process which may require reformulation as clinical insights are gained in the process of therapy.

Check Point 01

1. The interaction of the therapist and the client results in the formation of the ....
2. The therapist must have .... positive regard for his client.
3. .... enriches the therapeutic relationship and transforms it into a healing relationship.
4. According to behaviour therapies, psychological problems arise due to faulty learning of behaviours and cognition.

Types of Therapies

Psychotherapies differ greatly in concepts, methods and techniques. They may be classified into three broad groups, *viz* the psychodynamic, behaviour and existential psychotherapies. Psychodynamic therapy emerged first followed by behaviour therapy, while the existential therapies which are also called the third force, emerged last. Behaviour therapy, cognitive therapy, humanistic-existential therapy and biomedical therapy are discussed below:

Behaviour Therapy

These therapies claims that psychological distress arises because of faulty behaviour patterns or thought patterns. It focussed on the behaviour and thoughts of the client in the present. The past is relevant only to the extent of understanding the origins of the faulty behaviour and thought patterns.

Behaviour therapy consists of a large set of specific techniques and interventions. The symptoms of the client and the clinical diagnosis are the guiding factors in the selection of the specific techniques or interventions to be applied in the behaviour therapy.

Treatment of phobias or excessive and crippling fears would require the use of one set of techniques, while that of anger outbursts would require another. A depressed client would be treated differently from a client who is anxious.

Method of Treatment

Behavioural analysis is conducted to find faulty behaviours, the antecedents of faulty learning and the factors that maintain or continue faulty learning.

Malfunctioning behaviours are those behaviours which cause distress to the client. Antecedent factors are those factors which affect the person to indulge in that behaviour. Maintaining factors are those factors which lead to the persistence of the faulty behaviour.

The aim of the treatment is to eliminate the faulty behaviours and substitute them with adaptive behaviour patterns. The therapist does this through establishing antecedent operations and consequent operations.

Antecedent operations control behaviour by changing value of a particular consequence which is called establishing operation. For example, if a child creates trouble in eating dinner, then decrease the quantity of food served at tea time.

It will increase the hunger at dinner and he will take proper quantity of food at dinner. Praise the child for this behaviour. Here the antecedent operation is the reduction of food at tea time and the consequent operation is praising the child for eating dinner properly.

Behavioural Techniques

There are various techniques for changing behaviour. The principles of these techniques are to reduce the arousal level of the client, alter behaviour through classical conditioning or with different contingencies of reinforcements, as well as to use vicarious (indirect) learning procedures.

Some techniques of behaviour modification are as follows:

Negative Reinforcement

Negative reinforcement is a major technique of behaviour modification. Responses that lead organisms to get rid of painful stimuli or avoid and escape from them provide negative reinforcement.

For example, one learns to put on woolen clothes, burn firewood or use electric heaters to avoid the unpleasant cold weather. Person learns to move away from dangerous stimuli because they provide negative reinforcement.

Aversive Conditioning

It refers to repeated association of undesired response with an adverse consequence. For example, an alcoholic is given a mild electric shock and asked to smell the alcohol. With repeated pairings the smell of alcohol is aversive as the pain of the shock is associated with it and the person will give up alcohol.

Positive Reinforcement

If an adaptive behaviour occurs rarely, positive reinforcement is given to increase the deficit. For example, if a child does not do homework regularly, positive reinforcement may be used by the child's mother by preparing the child's favourite dish whenever she/he does homework at the appointed time. The

Token Economy

Person with behavioural problems can be given a token as a reward every time when a wanted behaviour occurs. The tokens are collected and exchanged for a reward such as an outing for the patient or a treat for the child. This is known as token economy.

Differential Reinforcement

Unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously through differential reinforcement. Positive reinforcement for the wanted behaviour and negative reinforcement for the unwanted behaviour attempted together may be one such method. The other method is to positively reinforce the wanted behaviour and ignore the unwanted behaviour. The latter method is less painful and equally effective.

For example, a girl cries and refuses to talk (sulk) when she is not taken to the cinema. The parent is instructed to take her to the cinema if she does not cry and sulk. The parent is also instructed to ignore the girl when she cries and sulks. Gradually the wanted behaviour of politely asking to be taken to the cinema increases and the unwanted behaviour of crying and sulking decreases.

Systematic Desensitisation

Systematic desensitisation is a technique introduced by Wolpe for treating phobias or irrational fears. The client is interviewed to generate fear-provoking situations. The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation.

The client is asked to stop thinking of the fearful situation if the slightest tension is felt. After some sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation. The client gets systematically desensitised (stop being sensitive) to the fear.

Principle of Reciprocal Inhibition

This principle states that the presence of two mutually opposing forces at the same time, inhibits the weaker force. Thus, the relaxation response is first built up and mildly anxiety-provoking scene is imagined, through which the anxiety is overcome by the relaxation. The client is able to tolerate progressively greater levels of anxiety because of her/his relaxed state.

Modelling

Modelling is the procedure wherein the client learns to

Vicarious learning i.e. learning by observing others, is used and through a process of rewarding small changes in the behaviour, the client gradually learns to acquire the behaviour of the model.

The skill of the therapist lies in conducting an accurate behavioural analysis and building a treatment package with the appropriate techniques.

> ### ⓒ Relaxation Procedures
>
> Relaxation procedures are used to decrease the anxiety levels. For instance, progressive muscular relaxation and meditation induce a state of relaxation. In progressive muscular relaxation, the client is taught to contract individual muscle groups in order to give the awareness of tenseness or muscular tension. After the client has learnt to tense the muscle group such as the forearm, the client is asked to let go the tension. With repeated practice the client learns to relax all the muscles of the body.

Cognitive Therapy

These therapies revealed the cause of psychological distress in irrational thoughts and beliefs.

Rational Emotive Therapy (RET)

It was formulated by Albert Ellis. The central idea of this therapy is that irrational beliefs mediate between the antecedent events and their consequences. The first step in RET is the Antecedent Belief-Consequence (ABC) analysis. Antecedent events, which caused the psychological distress, are noted.

The client is also interviewed to find the irrational beliefs, which are distorting the present reality. These beliefs are characterised by thoughts with 'musts' and 'shoulds', i.e. things 'must' and 'should' be in a particular manner. The distorted perception of the antecedent event due to the irrational belief leads to the consequence i.e. negative emotions and behaviours. Irrational beliefs are assessed through questionnaires and interviews.

In the process of RET, the irrational beliefs are opposed by the therapist through a process of non-directive questioning. The questions make the client to think deeper into her/his assumptions about life and problems. Gradually, the client is able to change the irrational beliefs by making a change in her/his philosophy about life. The rational belief

Aaron Beck's Cognitive Therapy

Aaron Beck gave another cognitive therapy. His theory of psychological distress is characterised by anxiety or depression. It states that childhood experiences provided by the family and society develop core schemas or systems, which include beliefs and action patterns in the individual.

Negative thoughts which developed are persistent irrational thoughts. These are characterised by cognitive distortions. For example, 'Nobody loves me', 'I am ugly', 'I am stupid' etc.

Cognitive distortions are ways of thinking which are general in nature but which distort the reality in a negative manner. These patterns of thought are called dysfunctional cognitive structures.

Repeated occurrence of these thoughts leads to the development of feelings of anxiety and depression. The aim of the therapy is to achieve cognitive restructuring which, in turn, reduces anxiety and depression. The therapist uses questioning, which is gentle, non-threatening disputation of the client's belief and thoughts. Examples of such questions are:

- Why should everyone love you?
- What does it mean to you to succeed?

The questions make the client think in a direction opposite to that of the negative automatic thoughts whereby she/he gains insight into the nature of her/his dysfunctional schemas and is able to alter her/his cognitive restructuring which, in turn, reduces, anxiety and depression.

Cognitive Behaviour Therapy (CBT)

CBT is the most popular therapy. It is a short and efficacious treatment for a wide range of psychological disorders such as anxiety, depression, panic attacks and borderline personality, etc.

It adopts a biopsychosocial approach to the delineation (explain in detail) of psychopathology. It combines cognitive therapy with behavioural techniques. It address the biological aspects through relaxation procedures. The psychologist through behaviour and cognitive therapy techniques and the social ones with environmental manipulations makes CBT a comprehensive technique which is easy to use and is applicable to a variety of disorders.

Humanistic-Existential Therapy

These therapies claims that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfilment in life. Human beings are motivated by the desire for personal growth and self-actualisation and an innate need to grow emotionally. When these needs are control by society and family, an human beings experience psychological distress.

Self-actualisation is defined as an inborn force that moves the person to become more complex, balanced and intergrated. As lack of food and water causes distress, frustration of self-actualisation also causes distress.

Healing occurs when the client is able to perceive the obstacles to self-actualisation in her/his life and is able to remove them.

The therapy creates a permissive, non-judgmental and accepting atmosphere in which the client's emotions can be freely expressed and the complexity, balance and integration could be achieved. The fundamental assumption is that the client has the freedom and responsibility to control her/his own behaviour.

The therapist is a facilitator and guide and the client himself is responsible for the success of therapy.

The chief aim of the therapy is to expand the client's awareness. Healing takes place by a process of understanding the unique personal experience of the client by herself/himself. The client initiates the process of self-growth through which healing takes place.

Existential Therapy

Victor Frankl, a psychiatrist and neurologist propounded the Logotherapy. Logos is the Greek word for soul and Logotherapy means treatment for the soul. Frankl calls this process of finding meaning even in

life-threatening circumstances as the process of meaning making.

The basis of meaning making is a person's quest for finding the spiritual truth of one's existence. The spiritual unconscious include love, aesthetic awareness and values of life.

Neurotic anxieties arise when the problems of life are attached to the physical, psychological or spiritual aspects of one's existence. Frankl emphasised the role of spiritual anxieties in leading to meaninglessness. Hence, it may be called an existential anxiety i.e. neurotic anxiety of spiritual origin.

The goal of logotherapy is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances. The therapist emphasises the unique nature of the patient's life and encourages them to find meaning in their life.

Client-centered Therapy

Client-centred therapy was given by **Carl Rogers**. Rogers combined scientific determination with the individualised practice of client centred psychotherapy. Rogers brought into psychotherapy the concept of self, with freedom and choice as the core of one's being.

The therapy provides a warm relationship in which the client can reconnect with her/his disintegrated feelings. The therapist shows empathy, i.e. understanding the client's experience. Empathy sets up an emotional resonance between the therapist and the client.

Unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals or does in the therapy sessions. This unique unconditional warmth ensures that the client feels secure, can trust the therapist. The client feels secure enough to explore her/his feelings.

The therapist reflects the feelings of the client in a non-judgmental manner. The reflection is achieved by rephrasing the statements of the client i.e. seeking simple clarifications to enhance the meaning of the client's statements.

This process of reflection helps the client to become integrated. Personal relationships improve with an

Gestalt Therapy

The German word gestalt means whole. This therapy was given by Freiderick (Fritz) Perls together with his wife Laura Perls. The goal of this therapy is to increase an individual's self-awareness and self acceptance. The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness. The therapist does this by encouraging the client to act out fantasies about feelings and conflicts. This therapy can also be used in group settings.

Alternative Therapies

These are alternative treatment possibilities to the conventional drug treatment or psychotherapy. There are many alternative therapies such as yoga, meditation, accupuncture, herbal remedies and so on.

Yoga and Meditation

In the past 25 years, yoga and meditation have gained popularity as treatment programmes for psychological distress. Yoga is an ancient Indian technique detailed in the *Ashtanga Yoga* of Patanjali's *Yoga Sutras*. Yoga is commonly refer to the *asanas* or body posture component or to breathing practices or *pranayama*.

Yoga techniques enhance well-being, mood, attention, mental focus and stress tolerance. Proper training by a skilled teacher and a 30-minute practice every day will maximise the benefits. Insomnia is treated with yoga. Yoga also reduces the time to go to sleep and improves the quality of sleep.

Meditation refers to the practice of focusing attention on breath or on an object or thought or a *mantra*. In *Vipasana* meditation, also known as mindfulness-based meditation, there is no fixed object or thought to hold the attention. The person passively observes the various bodily sensations and thoughts that are passing through in her or his awareness. Prevention of repeated episodes of depression may be treated by mindfulness based meditation or *Vipasana*.

Sudarshana Kriya Yoga

In Sudarshana Kriya Yoga (SKY) the rapid breathing techniques are use to induce hyperventilation. It is beneficial for the treatment of stress, anxiety, Post-Traumatic Stress Disorder (PTSD), depression, stress related medical illnesses, substance abuse and rehabilitation of criminal offenders. Research conducted at the National Institute of Mental Health and Neurosciences

Kundalini Yoga

Kundalini Yoga is taught in the USA. It is effective in the treatment of mental disorders. The Institute for Non-linear Science, University of California, San Diego, USA has found that Kundalini Yoga is effective in the treatment of obsessive compulsive disorder. *Kundalini Yoga* combines *pranayama* or breathing techniques with chanting of *mantras*.

Factors Contributing to Healing in Psychotherapy

There are several factors which contribute to the healing process. Some of these factors are as follows:

- A major factor in the healing is the techniques adopted by the therapist and the implementation of the same with the patient/client. If the behavioural system and the CBT school are adopted to heal an anxious client, the relaxation procedures and the cognitive restructuring largely contribute to the healing.
- The therapeutic alliance, which is formed between the therapist and the patient/client, has healing properties, because of the regular availability of the therapist and the warmth and empathy provided by the therapist.
- At the beginning of therapy, while the patient/client is being interviewed in the initial sessions to understand the nature of the problem, she/he unburdens the emotional problems being faced. This process of emotional unburdening is known as catharsis and it has healing properties.
- There are several non-specific factors associated with psychotherapy. Some of these factors are attributed to the patient/client and some to the therapist. These factors are called non-specific because they occur across different systems of psychotherapy and across different clients/patients and different therapists. Non-specific factors attributable (available) to the client/patient are motivation for change, expectation of improvement due to the treatment, etc. These are called patient variables. Non-specific factors attributable to the therapist are positive nature, absence of unresolved emotional conflicts, presence of good mental health, etc. These are called therapist variables.

Rehabilitation of the Mentally Ill

The treatment of psychological disorders has two components i.e. reduction of symptoms and improving the level of functioning or quality of life. In the case of milder (lighter) disorders such as generalised anxiety, reactive depression or phobia, reduction of symptoms is associated with an improvement in the quality of life.

However, in the case of severe mental disorders such as schizophrenia, reduction of symptoms may not be associated with an improvement in the quality of life.

Rehabilitation is required to help patients to become self-sufficient. The aim of rehabilitation is to empower the patient to become a productive member of society to the extent possible. In rehabilitation, the patients are given occupational therapy, social skills training and vocational therapy.

- In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.
- Social skills training helps the patients to develop interpersonal skills through role play, imitation and instruction. The objective is to teach the patient to function in a social group.
- Cognitive retraining is given to improve the basic cognitive functions of attention, memory and executive functions. After the patient improves sufficiently, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

Check Point 03

1. .... propounded logotherapy, i.e. treatment for the soul.
2. Mild electric shock is given via .... to the brain of the patient to induce convulsions.
3. Who propounded the client-centered therapy?
4. In Vipasana meditation, there is fixed object or thought to hold the attention. (True/false)
5. The rapid breathing technique is used in ....

⊙ TERMS TO KNOW

⊚ **Therapeutic Alliance** (*NCERT pg. no. 91*) It is the special relationship between the client and the therapist. Contractual nature of the relationship and limited duration of the therapy are its two major components.

⊚ **Unconditional Positive Regard** (*NCERT pg. no. 91*) It is an attitude of acceptance and respect on the part of an observer, no matter what the other person says or does.

⊚ **Behaviour Therapy** (*NCERT pg. no. 96*) It is the therapy based on the principles of behaviouristic learning theories in order to change the maladaptive behaviour.

⊚ **Cognitive Therapies** (*NCERT pg. no. 99*) These are forms of therapy which focussed on changing distorted and maladaptive patterns of thought.

⊚ **Self-actualisation** (*NCERT pg. no. 100*) It is a state of self-fulfilment in which people realise their highest potential in their own unique way.

⊚ **Client-centred Therapy** (*NCERT pg. no. 101*) It is the therapeutic approach developed by Carl Rogers in which therapist helps clients to clarify their true feelings and come to value who they are.

⊚ **Empathy** (*NCERT pg. no. 101*) It means reacting to another's feelings with an emotional response that is similar to the other's feelings.

⊚ **Gestalt Therapy** (*NCERT pg. no. 101*) It is an approach to therapy that attempts to integrate a client's thoughts, feelings, and behaviour into a unified whole.

⊚ **Rehabilitation** (*NCERT pg. no. 103*) It means restoring an individual to normal.

⊚ **Humanistic Therapy** (*NCERT pg. no. 109*) It is a therapy in which the underlying assumption is that people have control over their behaviour, can make choices about their lives, and are essentially responsible for solving their own problems.

NCERT FOLDER

1 Describe the nature and scope of psychotherapy. Highlight the importance of therapeutic relationship in psychotherapy.

or Explain the importance of therapeutic relationship in psychotherapy. State the ethical standards in psychotherapy.   **CBSE 2018**

Ans Psychotherapy is a voluntary relationship between the client (patient) and the therapist. The purpose of the relationship is to help the client to solve the psychological problems being faced by her or him.

Psychotherapies aim at changing the maladaptive behaviours, decreasing the sense of personal distress and helping the client to adapt better to her/his environment. Inadequate marital, occupational and social adjustment also requires that major changes be made in an individual's personal environment.

The interactions between the therapist and the client results in the formation of therapeutic relationship. This is a confidential, interpersonal and dynamic relationship. This human relationship is central to any type of psychotherapy. The ethical standards in psychotherapy should include.

- Support client for attaining betterment.
- Lessening emotional pressure.
- Unfolding the potential for positive growth.
- Modifying habits.
- Changing thinking patterns.
- Increasing self-awareness.
- Improving interpersonal relations and communication.
- Facilitating decision-making.
- Becoming aware of one's choices in life.
- Relating to one's social environment in a more creative and self-aware manner.

2 What are the different types of psychotherapy? On what basis are they classified?

Ans Different types of psychotherapy are:

- Behaviour therapy
- Humanistic-existential therapy
- Biomedical therapy

Also, there are many alternative therapies such as yoga, meditation, accupuncture, herbal remedies etc.

Basis of classification of psychotherapy are:

- On the basis of cause which has led to the

- On the basis of the chief method of treatment.
- On the basis of the nature of the therapeutic relationship between the client and the therapist.
- On the basis of the chief benefit to the client.
- On the basis of the duration of treatment.

3* A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used.

Ans In this condition, psychodynamic therapy is being used. The psychodynamic therapy introduced by Sigmund Freud is the oldest form of psychotherapy. Carl Jung modified it as the analytical psychotherapy. The psychodynamic therapy conceptualised the structure of the psyche, dynamics between different components of the psyche and the source of psychological distress.

Psychoanalysis has invented **free association** and **dream interpretation** as two important methods for generating the intrapsychic conflicts.

(i) **Free Association Method** It is the main method for understanding the client's problems. The therapist makes the client to feel comfortable and asks her/ him to speak whatever comes to mind without censoring it in anyway. The client is encouraged to freely associate one thought with another and this method is called the method of free association.

As the therapist does not interrupt, the free flow of ideas, desires and conflicts of the unconscious, which had been suppressed by the ego, emerge into the conscious mind. Through this free uncensored verbal narrative of the client, the therapist gains access to the client's unconscious.

Dream Interpretation Along with this technique, the client is asked to write down her/his dreams upon waking up. Psychoanalysts look upon dreams as symbols of the unfulfilled desires present in the unconscious.

The images of the dreams are symbols which signify intrapsychic forces. Dreams use symbols because they are indirect expressions. If the unfulfilled desires are expressed directly, the ever-vigilant ego would suppress them and that would lead to anxiety.

4 Discuss the various techniques used in behaviour therapy. **CBSE 2020**

Ans Various techniques of behaviour modification are as follows:

- **Negative Reinforcement** It refers to following an undesired response with an outcome that is painful or not liked.
- **Aversive Conditioning** It refers to repeated association of undesired response with an aversive consequence.
- **Positive Reinforcement** If an adaptive behaviour occurs rarely, positive reinforcement is given to increase the deficit.
- **Token Economy** Person with behavioural problems can be given a token as a reward every time when a wanted behaviour occurs. The tokens are collected and exchanged for a reward such as an outing for the patient or a treat for the child. This is known as token economy.
- **Differential Reinforcement** Unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously through differential reinforcement. Positive reinforcement for the wanted behaviour and negative reinforcement for the unwanted behaviour attempted together may be one such method.
  The other method is to positively reinforce the wanted behaviour and ignore the unwanted behaviour. The latter method is less painful and equally effective.
- **Systematic Desensitisation** It is a technique introduced by Wolpe for treating phobias or irrational fears. The client is interviewed to elicit fear-provoking situations.
  The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation. The client is asked to stop thinking of the fearful situation if the slightest tension is felt.
- **Principle of Reciprocal Inhibition** This principle states that the presence of two mutually opposing forces at the same time inhibits the weaker force. Thus, the relaxation response is first built up and mildly anxiety-provoking scene is imagined, through which the anxiety is overcome by the

- **Modelling** It is the procedure wherein the client learns to behave in a certain way by observing the behaviour of a role model or the therapist who initially acts as the role model.

5 Explain with examples that how cognitive distortions take place.

or Explain cognitive distortion with the help of an example. **CBSE 2019**

Ans Psychological distress develops due to negative experiences provided by family and society. Individual develops negative thoughts like 'Nobody loves me', 'I am ugly', 'I am stupid', 'I will not succeed etc'. Such negative automatic thoughts are characterised by cognitive distortions.

Cognitive distortions are ways of thinking which are general in nature but which distort the reality in a negative manner. These patterns of thought are called dysfunctional cognitive structure. They lead to errors of cognition about the social reality.

Repeated occurrence of these thoughts lead to the development of feelings of anxiety and depression. The therapist uses questioning which is gengle non-threatening disputation of the client's beliefs and thoughts. The therapist asks him 'why should everyone love you', or 'what does it mean to you to succeed'?

The question make the client think in a direction opposite to that of the negative automatic thoughts. He gains insight into the nature of his dysfunctional schemas and is able to alter his cognitive structure. The aim of this therapy is to achieve this cognitive restructuring which in turn reduces anxiety and depression.

6 Which therapy encourages the client to seek personal growth and actualise their potential? Write about the therapies which are based on this principle.

Ans Humanistic-existential therapy encourages the client to seek personal growth and actualise their potential. This therapy claims that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfilment in life.

Human beings are motivated by the desire for personal growth and self-actualisation and an

Therapies which are based on this principles are Existential therapy, client centered therapy and Gestalt therapy.

For these theories refer to text under the heading 'Humanistic-Existential Therapy' on page no. 99.

7 What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

Ans For answer refer to text under the heading 'Alternative Therapies' and 'Factors Contributing in Psychotherapy' page. no. 143 and 144.

8 What are the techniques used in the rehabilitation of the mentally ill?

Ans The treatment of psychological disorders has two components i.e. reduction of symptoms, and improving the level of functioning or quality of life.

Rehabilitation is required to help patients to become self-sufficient. The aim of rehabilitation is to empower the patient to become a productive member of society to the extent possible. In rehabilitation, the patients are given occupational therapy, social skills training and vocational therapy.

- In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.
- Social skills training helps the patients to develop interpersonal skills through role play, imitation and instruction. The objective is to teach the patient to function in a social group.
- Cognitive retraining is given to improve the basic cognitive functions of attention, memory and executive functions. After the patient improves sufficiently, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

9 How would a social learning theorist account for a phobic fear of lizards/cockroaches? How would a psychoanalyst account for the same phobia?

or A person has a phobia of cockroaches. Explain this phobia from the social learning

or A person has a phobia of cockroaches. Explain the phobia from the social learning perspective and psychoanalyst view point by giving example.   **CBSE 2018**

Ans Systematic is a technique introduced by Wolpe for treating phobias or irrational fears. Together with the client, the therapist prepare a hierarchy of anxiety-provoking stimuli with least anxiety-provoking stimuli at the bottom of the hierarchy.

The client is interviewed to elicit fear-provoking situations. The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation. The client is asked to stop thinking of the fearful situation if the slightest tension is felt. After some sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation. The client gets systematically desensitised to the fear.

10 Should Electro-Convulsive Therapy (ECT) be used in the treatment of mental disorders?

Ans Yes, Electro-Convulsive Therapy (ECT) can be used in the treatment of mental disorders. It is a form of biomedical therapy. Mild electric shock is given *via* electrodes to the brain of the patient to induce convulsions. The shock is given by the psychiatrist only when it is necessary for the improvement of the patient. ECT is not a routine treatment and is given only when drugs are not effective in controlling the symptoms of the patient.

11 What kind of problems is cognitive behaviour therapy best suited for?

Ans Cognitive behaviour therapy is a short and efficacious treatment for a wide range of psychological disorders such as anxiety, depression, panic attacks and borderline personality, etc. It is the most popular therapy. It adopts a biopsychosocial approach to the delineation of psychopathology. It combines cognitive therapy with behavioural techniques. It address the biological aspects through relaxation procedures.

The psychologist through behaviour and cognitive therapy techniques and the sociologist with environmental manipulations

CHAPTER PRACTICE

⊙ OBJECTIVE TYPE QUESTIONS

1 Multiple Choice Questions

(i) Repeated association of undesired response with an aversive consequence refers to **CBSE 2016, 2012**
- (a) Positive reinforcement
- (b) Aversive conditioning
- (c) Negative reinforcement
- (d) Modelling

(ii) RET has been proposed by
- (a) Abraham Maslow
- (b) Albert Ellis
- (c) Aaron Beck
- (d) Carl Rogers

(iii) Cognitive therapy for the treatment of depression is given by
- (a) Albert Ellis
- (b) Sigmund Freud
- (c) Aaron Beck
- (d) None of these

(iv) Logotheraphy is given by
- (a) Victor Frankl
- (b) Sigmund Freud
- (c) Ivan Pavlov
- (d) Carl Rogers

(v) Systematic desensitisation begins with some form of
- (a) Instrumental conditioning
- (b) Relaxation training
- (c) Instrumental training
- (d) None of the above

(vi) Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem? **CBSE 2019**
- (a) Cognitive therapy
- (b) Psychodynamic therapy
- (c) Behaviour therapy
- (d) Biomedical therapy

(vii) Raman has been diagnosed with a psychological disorder. He approached a psychologist who prescribed certain psychotherapies for him. The goal of psychotherapies is to
- (a) change the maladaptive behaviours
- (b) decrease the sense of personal distress

(viii) Mukesh meets Mr. Kamlesh every week. Considering that Mr. Kamlesh is helping Mukesh to overcome his maladaptive behaviours for a certain period, the relation between Mukesh and Mr. Kamlesh will be called
- (a) Mentor-student alliance
- (b) Personal alliance
- (c) Therapeutic alliance
- (d) Contractual alliance

Answers

(i) (b)	(ii) (b)	(iii) (c)	(iv) (a)
(v) (b)	(vi) (a)	(vii) (d)	(viii) (c)

2 Fill in the blanks

(i) The technique used for treating phobia or irrational fear is ....

(ii) .... combines cognitive theory with behavioural technique.

(iii) Learning by observing other and rewarding small changes is a process of .... learning.

(iv) .... is the ability to understand the feelings of the other person as if it were your own.

(v) A psychologist is trying to treat his patient by bringing the unconscious forces into the conscious realm through free association and dream interpretation. This modality of treatment is .... and Interpretation.

(vi) Helen approached a therapist. The therapist points out to the Helen an aspect of her psyche that must be faced by her. The mechanism of interpretation by which change is effected in this case is............... .

(vii) The special relationship between Rahul and his therapist has developed and the therapist conveys by his words and behaviour that he is not judging Rahul and continue to show the same positive feeling towards him even if Rahul is rude to him. This is known as ....

Answers

(i) Systematic Desensitisation

3 True or false

(i) Client-centred therapy focuses on creating unconditional positive regard in the client.

(ii) The German word Gestalt means whole.

(iii) Systematic desensitisation is a technique to treat phobia.

(iv) Empathy is showing compassion and pity towards the clients.

(v) Logotherapy is given by Ivan Pavlov.

(vi) Empathy means understanding things from other person's perspective.

All India 2017, CBSE 2017

Answers

(i) True   (ii) True   (iii) True   (iv) False
(v) False   (vi) True

4. Match the following

(i) Choose the correct match for each alternative therapies and description associated with it from the codes given below.

List I		List II
1. Ashtanga Yoga	(i)	Mindfulness-based meditation
2. Vipasana	(ii)	Rapid breathing techniques to induce hyperventilation
3. Sudarshana Kriya Yoga (SKY)	(iii)	Patanjali's Yoga Sutras

Codes

(a) 1-(ii), 2-(i), 3-(iii)   (b) 1-(iii), 2-(i),3-(ii)
(c) 1-(i), 2-(iii), 3-(ii)   (d) 1-(i), 2-(iii), 3-(ii)

(ii) Choose the correct match for modality of treatment and description associated with it from the codes given below.

List I		List II
1. Transference	(i)	Client has to face an aspect of his/her psyche
2. Confrontation	(ii)	Non-judgemental and permissive attitude of therapist that allows the client to continue with this process of emotional identification
3. Working through	(iii)	Repeated process of using confrontation, clarification, and interpretation

Codes

Answers

(i) (b) 1-(iii), 2-(i), 3-(ii)
(ii) (a) 1-(ii), 2-(i), 3-(iii)

❻ VERY SHORT ANSWER TYPE QUESTIONS

1 What is meant by therapeutic contract.

Ans The therapeutic relationship is contractual in nature in which two willing individuals, the client and the therapist enter into partnership which aims at helping the client to overcome his/her problems.

2 Explain 'positive reinforcement'.

Ans If an adaptive behaviour occurs rarely, positive reinforcement is given to increase the deficit. For example, if a child does not do homework regularly, positive reinforcement may be used by the child's mother by preparing the child's favourite dish whenever she/he does homework at the appointed time.

3 Explain the term empathy.

Ans Empathy means reacting to another's feelings with an emotional response that is similar to the other's feelings.

4 What do you mean by free association method?

Ans Free association method is the main method for understanding the client's problems. The therapist makes the client to feel comfortable and asks her/ him to speak whatever comes to mind without censoring it in anyway. The client is encouraged to freely associate one thought with another.

5 Explain vicarious learning.   **All India 2011**

Ans Vicarious learning is learning by observing others. It is the process of rewarding small changes in the behaviour in which the client gradually learns to acquire the behaviour of the model.

6 What is cognitive behaviour therapy?
                               CBSE 2016, 2014

Ans Cognitive behaviour therapy is a short and efficacious treatment for a wide range of psychological disorders such as anxiety

7 What is meant by self-actualisation?

Ans Self-actualisation is a state in which people have reached their fullest potential and develop a complex, balanced and integrated personality.

8 What is existential anxiety?

Ans Spiritual anxiety leads to meaninglessness and it may be called as existential anxiety i.e. neurotic anxiety of spiritual origin.

The goal of logo therapy is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances.

9 What is integration in humanistic-existential therapy?

Ans It is an aspect of self-actualisation which was conceptualised by Maslow. 'Integrated' means a sense of whole, being a complete person, maintaining the traits of personality despite of the variety of experience that one is subjected to.

10 What is occupational therapy? All India 2014

Ans In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.

11 Explain token economy technique for changing behaviour.

Ans Person with behavioural problems can be given a token as a reward every time when a wanted behaviour occurs.

The tokens are collected and exchanged for a reward such as an outing for the patient or a treat for the child. This is known as token economy.

12 How can a therapist maintain the trust of his client?

Ans The therapist encourages the client to discharge his/her emotions and feel free from the conflicts and anxiety by providing unconditional positive regard and empathy.

The therapist provides an accepting, empathic, genuine, non-judgmental and warm relationship in order to maintain the trust of his client.

13 Differentiate between conscious

Unconscious resistance is assumed to be present when the client becomes silent during the therapy session, recalls trivial details without recalling the emotional ones, misses appointments, and come late for therapy sessions.

14 State the ethical standards practised by professional psychotherapist.

Ans Some of the ethical standards that need to be practised by professional psychotherapist are:
- Informed consent need to be taken.
- Integrity of the therapist-client relationship is important.
- Respect for human rights and dignity.
- Professional competence and skills are essential.

15 What is systematic desensitisation?

Ans Systematic desensitisation is a technique introduced by psychologist Wolpe for treating phobias on irration fears. The therapist relaxes the client and asks the client to think about the least-anxiety-provoking situation. Gradually the client is able to imagine more severe for-provoking situations while maintaining the relaxation and in this way the client gets systematically desensitised to the fear.

CASE BASED OBJECTIVE TYPE QUESTIONS

1 Read the case and answer the questions that follow.

A client approaches a therapist and seeks a help for inability to hold a job and reports inability to face superiors. The therapist maintains a non-judgemental yet permissive attitude and allows the client to continue with this process of emotional identification. The therapist encourages this process because it helps her in understanding the unconscious conflicts of the client. The client acts out his frustrations, anger, fear, and depression that he harbored towards that person in the past, but could not express at that time. The therapist becomes a substitute for that person in the present.

(i) Identify the modality of treatment in this case.

(ii) Which of the line suggest the stage of transference neurosis?
 (a) The therapist maintains a non-judgemental yet permissive attitude.
 (b) A client approaches a therapist and seeks a help.
 (c) The therapist becomes a substitute for that person in the present.
 (d) It helps her in understanding the unconscious conflicts of the client.

Ans (c) The therapist becomes a substitute for that person in the present.

(iii) Which of the following is not a modality o treatment in therapeutic approaches?
 (a) Confrontation   (b) Resistance
 (c) Working through (d) Interpretation

Ans (b) Resistance

2 Read the case and answer the questions that follow.

The client is interviewed to elicit fear provoking situations and together with the client. The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation. Over sessions, the client is able to imagine more severe fearprovoking situations while maintaining the relaxation. The client gets systematically desensitised to the fear.

(i) Identify the technique used to treat the patient in this case?
 (a) Modeling
 (b) Systematic desensitisation
 (c) Antecedent operations
 (d) Rational emotive therapy

Ans (b) Systematic desensitisation

(ii) What will happen if tension is felt by client during the therapy session?
 (a) The client is asked to stop thinking of the fearful situation.
 (b) The client is asked to think about least anxiety-provoking stimuli.
 (c) The client is asked to prepare a hierarchy of anxiety-provoking stimuli.
 (d) The client has nothing to do.

Ans (a) The client is asked to stop thinking of the fearful situation.

 (c) Behaviour therapy
 (d) Psychodynamic therapy

Ans (c) Behaviour therapy

(iv) Systematic desensitisation is a technique used for treating
 (a) Phobias   (b) Substance abuse
 (c) Bipolar disorder
 (d) Multiple personality disorder

Ans (a) Phobias

3 Read the case and answer the questions that follow.

Anna is 20 year old girl pursuing the second year graduation course in the University of Delhi. She is a very good student. However, she lacks the motivation for learning. There are a lot of problems with concentration and attention retention during the classes. She is burdened with difficult family situation, namely by living with her sister and mother in the household.

She has rare contacts with her father, since her parents divorced a few years ago, and he moved away from Delhi. She felt like she has been neglected by her parents as a child. Consequently, she developed a feeling that I am not wanted. During the course of college life, a critical incident occurs in her life. She was publicly ridiculed by her teacher in the college. This critical incident triggers her belief again that I am not wanted. This further led to the development of negative automatic thoughts.

(i) Identify the form of psychological disorder that Anna is exhibiting?
 (a) Anxiety/depression
 (b) Mood disorder
 (c) Panic disorder
 (d) Phobias

Ans (a) Anxiety/depression

(ii) Which statement got strengthened as the as core schemas of belief in Anna due to experiences provided by the family and society?
 (a) She lacks the motivation for learning.
 (b) She felt like she has been neglected by her parents as a child.
 (c) She was publicly ridiculed by her teacher.

(iii) The patterns of thought exhibited by Anna are called as

(a) functional cognitive structures

(b) irrational cognitive structures

(c) dysfunctional cognitive structures

(d) rational cognitive structures

Ans (c) dysfunctional cognitive structures

(iv) The central thesis of cognitive therapy which focuses on core schemas or systems was developed by

(a) Albert Ellis   (b) Aaron Beck

(c) Sigmund Freud   (d) Carl Jung

Ans (b) Aaron Beck

● SHORT ANSWER TYPE QUESTIONS-I

1 Define the nature and process of psychotherapy.

Ans Psychotherapy is a voluntary relationship between the client (patient) and the therapist. The purpose of the relationship is to help the client to solve the psychological problems being faced by her or him.

Psychotherapies aim at changing the maladaptive behaviours, decreasing the sense of personal distress and helping the client to adapt better to her/his environment. Inadequate marital, occupational and social adjustment also requires that major changes be made in an individual's personal environment.

2 What are the major components of a therapeutic alliance?

Ans The special relationship between the client and the therapist is known as the therapeutic relationship or alliance. There are two major components of a therapeutic alliance:

(i) The first component is the contractual nature of the relationship in which two willing individuals, the client and the therapist, enter into a partnership which aims at helping the client to overcome her/his problems.

(ii) The second component of therapeutic alliance is the limited duration of the therapy. This alliance lasts until the client becomes able to deal with her/his

3 Explain positive regards for others in the context of counselling.

Ans Unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals or does in the therapy sessions. This unique unconditional warmth ensures that the client feels secure, can trust the therapist and feels secure enough to explore her/his feelings. The therapist reflects the feelings of the client in a non-judgmental manner.

The reflection is achieved by rephrasing the statements of the client i.e. seeking simple clarifications to enhance the meaning of the client's statements. This process of reflection helps the client to become integrated. This therapy helps a client to become her/his real self with the therapist working as a facilitator.

4 Explain the main feature of therapeutic relationship.

Ans This relationship has several unique properties. It is a trusting and confiding relationship. The high level of trust enables the client to unburden herself/himself to the therapist and confide her/his psychological and personal problems to the latter.

The therapist encourages this by being accepting, empathic, genuine and warm to the client. The therapist conveys by her/his words and behaviours that she/he is not judging the client and will continue to show the same positive feelings towards the client even if the client is rude. The therapeutic alliance also requires that the therapist must keep strict confidentiality of the experiences, events, feelings or thoughts disclosed by the client. The therapist must not exploit the trust and the confidence of the client in anyway. It is a professional relationship between the therapist and the client.

5 What is the meaning of logotherapy?

CBSE 2016

Ans Victor Frankl, a psychiatrist and neurologist propounded the Logotherapy. Logos is the Greek word for soul and Logotherapy means treatment for the soul. Frankl calls this process of finding meaning even in life-threatening circumstances as the process of meaning making. The basis of meaning making is a person's quest for finding

The spiritual unconscious include love, aesthetic awareness, and values of life. Neurotic anxieties arise when the problems of life are attached to the physical, psychological or spiritual aspects of one's existence. Frankl emphasised the role of spiritual anxieties in leading to meaninglessness. Hence it may be called an existential anxiety i.e. neurotic anxiety of spiritual origin. The goal of logotherapy is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances. The therapist emphasises the unique nature of the patient's life and encourages them to find meaning in their life.

6 Discuss briefly Gestalt Therapy. **CBSE 2015**

Ans The German word gestalt means 'whole'. This therapy was given by Freiderick (Fritz) Perls together with his wife Laura Perls. The goal of gestalt therapy is to increase an individual's self-awareness and self acceptance. The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness. The therapist does this by encouraging the client to act out fantasies about feelings and conflicts. This therapy can also be used in group settings.

7 How is behaviour therapy used to treat phobia?

or A client approaches a therapist to overcome her/his phobia for heights. Describe a behavioural technique that the therapist might choose to help her/him to overcome this phobia for heights.

CBSE SQP Term II, 2021

Ans It is a technique introduced by Wolpe for treating phobias or irrational fears. The client is interviewed to elicit fear-provoking situations.

The therapist relaxes the client and asks the client to think about the least anxiety-provoking situation. The client is asked to stop thinking of the fearful situation if the slightest tension is felt. After some sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation. The client gets systematically desensitised to the fear. Wolpe introduced this systematic desensitisation technique for treating phobias.

Ans Psychoanalytic therapy of Nikhil consists of three stages. In **stage one** he becomes familiar with the routines, establishes a therapeutic relationship with the analyst. He gets some relief with the process of recollecting the superficial materials from the consciousness about the past and present troublesome events.

Stage two is the middle phase, which is a long process and it is characterised by transference, resistance on the part of Nikhil and confrontation and clarification, i.e. working through on the therapist's part. All these processes finally lead to insight.

The third phase is the termination phase where in the relationship with the analyst and Nikhil is dissolved and he prepares to leave the therapy.

9 "Dreams are the symbols of the unfulfilled desires present in the unconscious". Elaborate.

Ans Psychoanalysts look upon dreams as symbols of the unfulfilled desires present in the unconscious. The images of the dreams are symbols which signify intrapsychic forces.

Dreams use symbols because they are indirect expressions and hence would not alert the ego. If the unfulfilled desires are expressed directly, the ever-vigilant ego would suppress them and that would lead to anxiety. These symbols are interpreted according to an accepted convention of translation as the indicators of unfulfilled desires and conflicts.

10 The aim of the behaviour therapy is to extinguish the faulty behaviour. Illustrate with example how antecedent operations and consequent operations are used in this therapy.

Ans The aim of the behaviour therapy is to extinguish the faulty behaviour and substitute them with adaptive behaviour pattern.

The therapist does this through establishing antecedent operations and consequent operations. Antecedent operations control behaviour by changing something that precedes such a behaviour. The change can be done by increasing or decreasing the reinforcing value of a particular consequence. This is called establishing operation.

For example, if a child gives trouble in eating

and thereby increase the reinforcing value of food at dinner. Praising the child when she/he eats properly tends to encourage this behaviour. It establishes the response of eating dinner.

11 Ankit rarely does his homework regularly. Her mother promised him to prepare his favourite dish whenever he does homework at the appointed time. Identify the reinforcement given by Ankit's mother? How does it benefit the person?

Ans In the given case, Ankit's mother is giving positive reinforcement. Positive reinforcement may be used by the child's mother by preparing the child's favourite dish whenever he does homework at the appointed time. The positive reinforcement of food will increase the behaviour of doing homework at the appointed time. Persons with behavioural problems can be given a token as a reward every time a wanted behaviour occurs. Thus, appositive reinforcement is given to increase the deficit.

☉ SHORT ANSWER TYPE QUESTIONS-II

1 Explain negative reinforcement and aversive conditioning techniques for behaviour modification.

Ans **Negative Reinforcement** It is a major technique of behaviour modification. Responses that lead organisms to get rid of painful stimuli or avoid and escape from them provide negative reinforcement.

For example, one learns to put on woolen clothes, burn firewood or use electric heaters to avoid the unpleasant cold weather. Person learns to move away from dangerous stimuli because they provide negative reinforcement.

Aversive Conditioning It refers to repeated association of undesired response with an aversive consequence. For example, an alcoholic is given a mild electric shock and asked to smell the alcohol. With repeated pairings the smell of alcohol is aversive as the pain of the shock is associated with it and the person will give up alcohol.

2 Describe the rehabilitation of the Mentally Ill.   **CBSE 2015**

3 Rajesh is an alcoholic patient with depression. How the alternative therapies can help him to overcome this difficulty?

Ans Alternative therapies are alternative treatment possibilities to the conventional drug treatment or psychotherapy. Rajesh is an alcoholic patient with depression who takes regular medicine prescribed by the psychiatrist.
Besides this his doctor advises him to practice yoga. Yoga is an ancient Indian technique given by Patanjali in his 'Yoga Sutra'. Yoga is commonly understood as asanas or body posture with specific breathing practices. Pranayam and meditation are two important components of yoga. Yoga and meditation can help the patient to reduce his depression. It is found that alcoholic patients who practice Sudarshana Kriya Yoga (SKY) have reduced depression and stress level.
Research conducted at the National Institute of Mental Health (NIMHANS) has shown that SKY definitely reduces depression.

Thus, by practising SKY Rajesh can overcome his depression due to alcoholism.

4 Explain psychological distress according to Humanist-Existential therapy.   **CBSE 2017**

or Mention the therapy that encourages to seek personal growth and actualise their potential. Give its salient features.
                                                          CBSE 2017

or Describe four factors which contribute to treatment of psychological distress.
                                                       All India 2017

Ans **Humanistic-Existential** therapies claims that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfilment in life. Human beings are motivated by the desire for personal growth and self-actualisation and an innate need to grow emotionally. When these needs are control by society and family, individual experiences psychological distress.
Self-actualisation is defined as an inborn force that moves the person to become more complex, balanced and intergrated. As lack of food and water causes distress, frustration of self-actualisation also causes distress.
The chief aim of the Humanistic-Existential

or There are several factors which contribute to the healing process. Some of these factors are as follows:

(i) A major factor in the healing is the techniques adopted by the therapist and the implementation of the same with the patient/client. If the behavioural system and the CBT school are adopted to heal an anxious client, the relaxation procedures and the cognitive restructuring largely contribute to the healing.

(ii) The therapeutic alliance, which is formed between the therapist and the patient/client, has healing properties, because of the regular availability of the therapist and the warmth and empathy provided by the therapist.

(iii) At the beginning of therapy, while the patient/client is being interviewed in the initial sessions to understand the nature of the problem, she/he unburdens the emotional problems being faced. This process of emotional unburdening is known as **catharsis** and it has healing properties.

(iv) There are several non-specific factors associated with psychotherapy. Some of these factors are attributed to the patient/client and some to the therapist. Non-specific factors attributable (available) to the client/patient are motivation for change, expectation of improvement due to the treatment, etc. These are called **patient variables**. Non-specific factors attributable to the therapist are positive nature, absence of unresolved emotional conflicts, presence of good mental health, etc. These are called therapist variables.

5 Explain psychological distress according to behaviour therapy. Describe any one behavioural techniques. **All India 2017**

Ans Behaviour therapies postulates that psychological distress arises because of faulty behaviour patterns or thought patterns. It is focused on the behaviour and thoughts of the client in the present.

The past is relevant only to the extent of understanding the origins of the faulty behaviour and thought patterns. Only the faulty patterns are corrected in the present. Behaviour therapy consists of a large set of specific techniques and interventions. The symptoms of

Aversive Conditioning is a major technique of behaviour modification. Aversive conditioning refers to repeated association of undesired response with an aversive consequence. For example, an alcoholic is given a mild electric shock and asked to smell the alcohol. With repeated pairings the smell of alcohol is aversive as the pain of the shock is associated with it and the person will give up alcohol.

6 How is Rational Emotive Therapy (RET) used in treating psychological disorders?

or How does Rational Emotive Therapy help in reducing distress? Support your answer with the help of an example. **CBSE 2019**

or Discuss cognitive therapy given by Albert Ellis.

or Explain the key features of cognitive therapies as explained by Albert Ellis and Aron Beck. **CBSE 2020**

Ans Cognitive therapies locate the cause of psychological disorders which are found in irrational thoughts and beliefs.

Albert Ellis formulated the Rational Emotive Therapy (RET). The RET method helps in reducing psychological disorders in the followings ways:

• The first step in RET is the Antecedent Belief-Consequence (ABC) analysis. Antecedent events, which caused the psychological distress, are noted.

• The client is also interviewed to find the irrational beliefs, which are distorting the present reality. Irrational beliefs may not be supported by empirical evidence in the environment. These beliefs are characterised by thoughts with 'musts' and 'shoulds', i.e. things 'must' and 'should' be in a particular manner.

• The distorted perception of the antecedent event due to the irrational belief leads to the consequence i.e. negative emotions and behaviours. For example, 'One should be loved by everybody all the time' is an irrational belief which leads to consequence of negative emotions and behaviours. Irrational beliefs are assessed through questionnaires and interviews. In the process of RET, the

- The questions make the client to think deeper into her/his assumptions about life and problems. Gradually, the client is able to change the irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and there is a reduction in psychological distress.

7 Explain the alternative treatment possibilities to psychotherapy. How does rehabilitation of the mentally ill improve the quality of their life?

CBSE SQP Term II, 2021

Ans For alternative treatment refer to the text under the heading 'Alternative Therapies'.

Rehabilitation is required to help patients to become self-sufficient. The aim of rehabilitation is to empower the patient to become a productive member of society to the extent possible. In rehabilitation, the patients are given occupational therapy, social skills training and vocational therapy.

In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.

Social skills training helps the patients to develop interpersonal skills through role play, imitation and instruction. The objective is to teach the patient to function in a social group.

Cognitive retraining is given to improve the basic cognitive functions of attention, memory and executive functions. After the patient improves sufficiently, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

8 Explain the different cognitive therapies that are used to reduce distress.

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Ans For answer refer to text under the heading 'Cognitive Therapy' on page no. 141.

◉ LONG ANSWER TYPE QUESTIONS

1 What are the different types of psychotherapies? Explain the principles on

Ans The different types of psychotherapies are:

(i) **Behaviour Therapy** Behaviour therapies postulate that psychological distress arises because of faulty behaviour patterns or thought patterns. It is, therefore, focused on the behaviour and thoughts of the client in the present. The past is relevant only to the extent of understanding the origins of the faulty behaviour and thought patterns. Behaviour therapy consists of a large set of specific techniques and interventions.

The symptoms of the client and the clinical diagnosis are the guiding factors in the selection of the specific techniques or interventions to be applied.

Treatment of phobias or excessive and crippling fears would require the use of one set of techniques while that of anger outbursts would require another. A depressed client would be treated differently from a client who is anxious.

(ii) **Cognitive Therapy** Cognitive therapies locate the cause of psychological distress in irrational thoughts and beliefs. Albert Ellis formulated the Rational Emotive Therapy (RET). The central thesis of this therapy is that irrational beliefs mediate between the antecedent events and their consequences.

The first step in RET is the Antecedent Belief- Consequence (ABC) analysis. Antecedent events, which caused the psychological distress, are noted. The client is also interviewed to find the irrational beliefs, which are distorting the present reality. Irrational beliefs may not be supported by empirical evidence in the environment.

(iii) **Humanistic–Existential Therapy** The humanistic-existential therapies claims that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfilment in life.

Human beings are motivated by the desire for personal growth and self-actualisation, and an innate need to grow emotionally. When these needs are controlled by society and family, human beings experience psychological distress.

Principles of Humanistic-Existential

expression. The family and society curb emotional expression, as it is feared that a free expression of emotions can harm society by unleashing destructive forces. This curb leads to destructive behaviour and negative emotions by thwarting the process of emotional integration.

Therefore, the therapy creates a permissive, non-judgmental and accepting atmosphere in which the client's emotions can be freely expressed and the complexity, balance and integration could be achieved. The fundamental assumption is that the client has the freedom and responsibility to control her/his own behaviour. The therapist is merely a facilitator and guide. It is the client who is responsible for the success of therapy. The chief aim of the therapy is to expand the client's awareness.

2 State the techniques used in behaviour therapy. **All India 2012**

Ans For answer refer the text under the heading 'Behavioural Techniques' on page 140.

3 What is psychotherapy? Discuss the factors that contribute to healing in Psychotherapy. **All India 2012**

Ans Psychotherapy is a voluntary relationship between the client (patient) and the therapist. The purpose of the relationship is to help the client to solve the psychological problems being faced by her or him. There are several factors which contribute to the healing process. Some of these factors are as follows:

- A major factor in the healing is the techniques adopted by the therapist and the implementation of the same with the patient/ client. If the behavioural system and the CBT school are adopted to heal an anxious client, the relaxation procedures and the cognitive restructuring largely contribute to the healing.
- The therapeutic alliance, which is formed between the therapist and the patient/client, has healing properties, because of the regular availability of the therapist and the warmth and empathy provided by the therapist.
- At the outset of therapy while the patient/client is being interviewed in the initial sessions to understand the nature of the problem, she/he unburdens the emotional

There are several non-specific factors associated with psychotherapy. Some of these factors are attributed to the patient/client and some to the therapist. These factors are called non-specific because they occur across different systems of psychotherapy and across different clients/patients and different therapists.

Non-specific factors attributable to the client/ patient are motivation for change, expectation of improvement due to the treatment, etc. These are called patient variables.

Non-specific factors attributable to the therapist are positive nature, absence of unresolved emotional conflicts, presence of good mental health, etc. These are called therapist variables.

4 Study the passage given below and answer the questions that follow.

Mental health professionals have attempted to understand psychological disorders using different approaches through the ages. Today, we have sophisticated facilities and hospitals dedicated to the treatment of the mentally ill. While studying the history of psychological disorders it is interesting to note that some practices from ancient times are still in use. Take the case of Lakshmi and her daughter, Maya. Maya exhibits abnormal behaviours and Lakshmi believes that this is because of evil spirits that have possessed her. She has been taking her daughter to a self-proclaimed healer, who uses counter-magic and prayer to cure her. Stigma and lack of awareness prevents Lakshmi from using the modern facilities and hospitals that provide quality mental health care.

On the other hand, when young Rita reported seeing people and hearing voices, mental health professionals at a modern facility were able to understand her hallucinations using a convergence of three approaches. Psychologists use official manuals like the Diagnostic and Statistical Manual of Mental Disorders – 5th Edition (DSM-5) and International Classification of Diseases (ICD-10) to indicate presence or

(i) Identify the method used by the healer to cure Maya's illness. How does this theory from ancient times explain Maya's treatment?

Ans Exorcism is an ancient method which is used by the healer to cure Maya's illness.

It is removing the evil that resides in the individual through counter magic and prayer. Abnormal behaviour can be explained by the operation of supernatural and magical forces such as bhoot-pret or shaitan.

(ii) Which approach do you think would best explain Rita's treatment? How do you think DSM - 5 and ICD -10 help mental health professionals in indicating the presence or absence of disorders?

Ans Interactional Approach, which is a bio-psycho-social approach i.e. biological, psychological and Social play an important role in Rita's treatment.

The Diagnostic and Statistical Manual of Mental disorder, 5th Edition and International Classification of Diseases, which is known as ICD-10 Classification of Behavioural and Mental Disorders. For each disorder there is a description of the main clinical features or symptoms and of other associate features including diagnostic guidelines is provided in this scheme.

SELF ASSESSMENT

◉ OBJECTIVE TYPE QUESTIONS

1 Multiple choice questions
  (i) Who pioneered psychodynamic therapy?
      (a) Carl Jung   (b) Sigmund Freud   (c) Carl Roger   (d) Carl Lewis
  (ii) Who introduced systematic desensitisation technique?
      (a) Carl Jung   (b) Wolpe   (c) Laura Peris   (d) Fritz
  (iii) Behaviour therapy is
      (a) Open   (b) Close   (c) Indoor Therapy   (d) None of these
  (iv) Who wrote Yoga Sutras?
      (a) Patanjali   (b) Kautilya   (c) Manu   (d) Vrahmihir

2 Fill in the blanks
  (i) Cognitive theory for the treatment of depression is given by _____.
  (ii) RET has been proposed by _____.
  (iii) In psychoanalysis, the important method are free association and _____.

3 True or false
  (i) Psychotherapies aim at changing maladaptive behaviour and helping the client to adapt better to his environment.
  (ii) Conscious resistance is present when client deliberately hides some information.

◉ VERY SHORT ANSWER TYPE QUESTIONS

1 Define psychotherapy.
2 What are the aims of psychotherapies?
3 What do you mean by alliance?
4 What does psychodynamic therapy states?
5 What do you meant by transference?
6 Define modelling.

◉ SHORT ANSWER TYPE I & II QUESTIONS

1 Explain the technique of token money.
2 Elaborate the concept of Electro-convulsive Therapy.
3 Analyse the importance of working through in psychodynamic therapy.

◉ LONG ANSWER TYPE QUESTIONS

1 Discuss methodology used in behaviour therapy.
2 Describe modality of psychoanalysis as a therapy.