

NCERT SOLUTIONS

CLASS - 12th



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Subject : Psychology

Chapter : 5

Chapter Name : Therapeutic Approaches

Q1 Describe the nature and scope of psychotherapy. Highlight the importance of therapeutic relationships in psychotherapy.

Answer. Psychotherapy is used to help the client in solving their problems. The purpose of this therapeutic relationship is to create a bond between client and therapist. So, the client will trust the therapist and try to tell their problem to the therapist. And the therapist will initiate to sort out.

Different scope of psychotherapy :

- Developmental of adaptive behaviour
- Changing the thinking process
- Modifying habits
- Increasing self-awareness
- Lessening emotional pressure

Importance of the therapeutic relationships in psychotherapy are as under;

The contractual nature of the relationship in which two individuals, the client and the therapist enter into a partnership which aims to help the client to solve the problem.

It is the limited duration of the therapy.

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Q2 What are the different types of psychotherapy? On what basis are they classified?

Answer. Different types of psychotherapy are as under :

1. Psychodynamic
2. Behaviour psychotherapy
3. Existential psychotherapy

The classification of psychotherapy as on the basis of following parameters :

- What is the cause which has led to the problem?
- How did the cause come into existence?
- What is the chief method of treatment?
- What is the therapeutic relationship between the client and the therapist?
- What are the chief benefits to the client?
- What is the duration of the treatment?

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Q3 A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used?

Answer. Psychoanalysis technique is used in this particular situation. This technique is used for the treatment of neurotic patients which emphasize the thoughts and behaviour of a person.

The whole modality of treatment occurs in three phases:

1. Initial phase: Establishment of a therapeutic relationship between the therapist and client.
Also, start taking important information from the client about past memories of the unconscious mind to present details.
2. Middle phase: Transference and interference both are included in this middle phase. Transference included into 2 forms;
 - Positive transference
 - Negative transference

Stage of Resistance is also included in this process. Resistance is the patient's struggle of their unconscious thoughts and belief out of their mind and faced directly.

Interpretation can be done into 2 analytical process:

- Confrontation
 - Clarification
- Working Through: The repeating process of confrontation and clarification is called working through.
- Insight : It is the end product of working through wherein unconscious thoughts come again and again into conscious mind.
- Intellectual insight
 - Emotional insight
3. Third phase: This process includes the termination of the therapy. It is the end process of insight. Now, the client gains new understanding.

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Q4 Discuss the various techniques used in behaviour therapy.

Answer. There are different kinds of techniques used in behaviour therapy:

- Aversive Therapy: When undesired punishment is given with behaviour again and again. For example - When you give electric shock to the person with alcohol, who is alcoholic. Then, he will understand at a point that the pain of electric shock is equal to alcohol.
- Negative reinforcement: When you include something in your behavior that will make you feel pain, then that will change in your behavior.
- Positive reinforcement: It is when you initiate add positive reward so that that will make in change in behavior, that will be positive reinforcement.
- Desensitisation: When the client is relaxed, then he will be able to cope with an anxiety full situation.

- Modelling: When learning to behave in a certain way by observing the behavior of a role model.

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Q5 Explain with the help of an example how cognitive distortions take place.

Answer. Aaron Beck gave cognitive therapy. It is also known as cognitive restructuring therapy. Cognitive distortions are those thoughts that cause individuals perceive inaccurate reality.

Negative thoughts come again and again in the mind.

For Example, When a person thinks about himself that he is not good looking that others are more handsome than him. Then again, he thinks that he does not want to stand with all of the other people. Coming again and again in his mind these negative thoughts causes him cognitive distortion.

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Q6 Which therapy encourages the client to seek personal growth and actualise their potential? Write about the therapies which are based on this principle.

Answer. Humanistic-existential therapy encourages the client to seek personal growth and actualise their potential.

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Q7 What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

Answer. Some of the factors that contribute to healing in psychotherapy:

- Technique adopted by the therapist and the implementation same with the client.
- Therapeutic alliance has healing property.
- The process of emotional unburdening is known as catharsis, and it has healing properties.
- Non-specific factors attributable to the therapist are the positive nature, presence of good mental health.

Some of the alternative therapies are as under:

- Yoga : It is also called asanas or body posture component.
- Meditation: Practice of focusing on breathe, object or thought.
- Acupuncture: Pressing of nerves so that will relieve the problem.
- Herbal remedies: Medicine or paste made by homely natural things.

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Q8 What are the techniques used in the rehabilitation of the mentally ill?

Answer. There are techniques used in the rehabilitation of the mentally ill are as under:

- Occupational therapy in which the patient are taught by skills such as paper bag making etc.
- Social skill training in which the patients are taught interpersonal skills through role play or imitation etc.
- Vocational therapy in which the patients are taught skills necessary to undertake productive employment.

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Q9 What kind of problems is cognitive behaviour therapy best suited for?

Answer. Cognitive behaviour therapy is the therapy which focuses on solving a specific problem of the client. This therapy is open in which the therapist shares her/his method with the client. It is a short therapy which lasts between 10–20 sessions.

It is helpful in the treatment of following illnesses -

- Anxiety
- Depression
- Panic attacks
- Borderline personalities.

Basically it helps in solving the psychological disorders. It combines the techniques of cognitive therapy and the behavioural therapy.

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