SmartKalike

CBSE Class 12 · Psychology

Therapeutic Approaches

10 most probable questions for Boards 2027

Q1. 1 mark · Multiple choice

Which of the following is identified as a type of therapy in this section?
(a) Behaviour therapy
(b) Dream analysis
(c) Intelligence testing
(d) Neurological surgery

Answer

(a) Behaviour therapy — it identifies faulty learning and conditioning as sources of psychological problems.

Q2. 2 marks · Short answer

How does trust in the therapeutic relationship help a client discuss their problems? (2 marks)

Answer

Trust creates a supportive relationship in which the client can freely discuss psychological problems. The confidential, interpersonal interaction helps the client feel secure while seeking help for emotional difficulties.

Q3. 3 marks · Medium answer

Name the four types of therapy identified in this section. Briefly distinguish the focus of any two of them. (3 marks)

Answer

1. Focus — Behaviour therapy, one of the four types (the others are cognitive, humanistic-existential and alternative therapies), attributes problems to faulty learning of behaviours and cognitions; cognitive therapy attributes distress to faulty thinking.
2. Method — Behaviour therapy changes conditioning through alternate behavioural contingencies; cognitive therapy challenges faulty thinking patterns to reduce distress.

Q4. 4 marks · Long answer

Describe psychotherapy as a voluntary relationship between a client and a therapist. Explain its purpose and how it enables the client to discuss psychological problems. (4 marks)

Answer

Psychotherapy is a voluntary relationship between a client seeking treatment and a therapist who provides help.
1. Purpose — The relationship aims to help the client solve the psychological problems they are

facing. The client is the focus of the therapeutic process.
2. Trust — The therapist builds a trusting relationship with the client. Trust enables the client to discuss problems freely, without reservation.
3. Nature of the relationship — The interaction is confidential, interpersonal and dynamic. It provides a supportive setting in which the client's emotional problems can be addressed.
4. Importance — This human relationship is central to psychological therapy and serves as the vehicle for change.
Thus, psychotherapy combines professional help with a trusting relationship that supports the client in discussing and addressing psychological problems.

Q5. 5 marks · Long answer

Explain how positive reinforcement and token economy can be used in behaviour therapy. Describe how relaxation procedures such as progressive muscular relaxation and meditation help a client.

Answer

Behaviour therapy can encourage adaptive responses through reinforcement and reduce anxiety through relaxation procedures.
1. Positive reinforcement — A desirable behaviour can be encouraged by providing a rewarding consequence after it occurs, making that behaviour more likely to recur.
2. Token economy — Tokens are given for desired behaviour and collected tokens are exchanged for a reward, such as an outing for a patient or a treat for a child.
3. Relaxation — Anxiety raises arousal and can contribute to unwanted behaviours such as excessive eating or smoking; reducing anxiety can therefore decrease these behaviours.
4. Procedures — Progressive muscular relaxation teaches the client to contract individual muscle groups to recognise tension, while meditation can also induce relaxation.
These methods support behaviour change by reinforcing adaptive actions and reducing anxiety.

Q6. 6 marks · Very long answer

Discuss the four therapy types identified in this section—behaviour therapy, cognitive therapy, humanistic-existential therapy, and alternative therapies. Briefly describe the general focus of each. (6 marks)

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Q7. 1 mark · Multiple choice

Which topic in this section specifically concerns procedures used to promote relaxation?
(a) Steps in the formulation of a client's problem
(b) Relaxation procedures
(c) Alternative therapies
(d) Humanistic-existential therapy

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Q8. 2 marks · Short answer

What is meant by the systematic application of psychotherapeutic principles, and who is qualified to practise psychotherapy? (2 marks)

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Q9. 3 marks · Medium answer

State the two additional topics identified in this section: one concerning the formulation of a client's problem and one concerning procedures used to promote relaxation. Briefly explain the purpose of each. (3 marks)

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Q10. 4 marks · Long answer

Explain three aims of psychotherapy concerning maladaptive behaviour, personal distress, and adjustment to the environment. (4 marks)

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