

BRAIN INTERNATIONAL SCHOOL

SUBJECT: PSYCHOLOGY

CLASS: XII

JULY'21

CHAPTER 5: THERAPEUTIC APPROACHES

1. With the help of an example, elucidate the concept of cognitive distortions.
2. Dev is struggling to accept himself and is hardly aware of his own virtues. Which kind of therapy would be helpful for him?
3. Differentiate between psychodynamic and behavioral therapies.
4. Explain psychological distress according to behavior therapy. Describe any one behavioral technique.