



5. Explain with the help of an example how cognitive distortions take place. (CBSE 2011)

Ans: Aaron Beck devised cognitive therapy.

- It is also known as cognitive restructuring therapy.
- Basic Assumption: Negative thinking, irrational beliefs and faulty generalization caused disorder.
- This therapy believes that repeated cognitive distortions play significant role in causing disorder. Cognitive distortion means way of thinking which are general in nature but which distorts the reality in a negative manner, e.g., persistent negative and irrational thoughts such as: "Nobody loves me", "I am ugly", "I am stupid" etc.

Step I - Analysis of Core Schemata: Childhood experiences provided by the family and society develop core schemata or systems, which include beliefs and action patterns of the individual.

- A client, who was neglected by the parents as a child, develops the core schema of "I am not wanted." This may be validated by the teachers in the school.
- Such negative automatic thoughts cause cognitive distortions.
- Cognitive distortions are ways of thinking which are general in nature but which distort the reality in a negative manner. Their patterns are called Dysfunctional cognitive structure.
- Repeated occurrence of these distorted thoughts leads to the development of feelings of anxiety and depression.

Treatment Method:

- The therapist uses questioning, which is gentle, non-threatening and non-judgmental, non-probing but thought-provoking questions.
- The questions make the client to think deeper into her/his assumptions about his life and problems.
- These questions make the client to think in a direction opposite to his negative thoughts and gains insight of his dysfunctional schemas and able to restructure his thoughts in positive direction.
- Beck's cognitive approach does not attempt to disprove the ideas held by depressed persons, rather the therapist and client work together to identify the individual's assumptions, beliefs and expectations and to formulate ways of testing them.

Aim of the Therapy:

- Cognitive restructuring by helping people to recognize and reject the false assumptions that are central to their difficulties.

6. Which therapy encourages the client to seek personal growth and actualise their potential? Write about the therapies which are based on this principle. (2009, 2010)

Ans: The humanistic-existential therapies encourage personal growth and actualize the potential.

Fundamental Assumption:

- The client has the freedom and responsibility to control his/her own behaviour.
- Psychological distress arises from feeling of loneliness, alienation and an inability to find meaning and genuine fulfilment in life.
- All individuals have desire for personal growth and self-actualization and an innate need to grow emotionally.

Causes of Distress:

1. Obstacles created by the society and family to achieve personal growth.
2. Obstacles in attainment of self-actualization, because it requires free emotional expression.

Treatment Modalities:

- The therapist is merely facilitator and guide. It is the client who is responsible for the success of the therapy.
- The client initiates the process of self-growth through which healing takes place.

Therapies based on Humanistic-existential Approach:

Logo therapy is a form of existential therapy.

Victor Frankl, a psychiatrist and neurologist propounded logo therapy.

Basic Assumption: 'Logo' is the Greek word for 'soul' and "logo" therapy 'means treatment of the soul'.

- Person's desire of finding the spiritual truth of ones existence is the source of motivation.
- binding meaning of self even in life-threatening circumstances is process of meaning making.
- There is a spiritual unconscious, which is the store house of love, aesthetic awareness and values of life.

Aim of Therapy: To help the client to find meaning and responsibility in their life irrespective of their life circumstances.

Treatment Modality:

- The therapist emphasizes the unique nature of the patients life and encourages them to find meaning in their life.
- The therapist is open and shares his/her feelings, values and his/her own existence with the client.
- The emphasis is on here and now.
- In the therapy, transference is actively discouraged.
- The goal is to facilitate the client to find meaning of his/her being.

Gestalt Therapy:

- It is humanistic therapy developed by Fritz Pearl and his wife Laima Pearl.
- It helps the client to develop self-awareness and self-acceptance.
- The client is taught to bring his disowned thoughts, conflicts and anxieties to his awareness.
- The therapist does this by encouraging the client to act out or speak out his/her fantasies about feelings and conflicts.
- This therapy can also be used in group setting.

Client-Centered Therapy:

This kind of therapy is developed by Carl Rogers.

- It is based on non-directive approach.
- To understand individual, we must look at the way they experience events rather than at the events themselves.
- The therapy provides a warm relationship in which the client can reconnect with his/her disintegrated feeling.

- The therapist shows empathy, i.e., understanding the client's experience as if it were his/her own, is warm and has unconditionally positive regard, i.e., total acceptance.
- The therapist reflects the feelings of the clients 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 clients statements.
- According to this therapy personal relationships improve with an increase in adjustment. In essence, this therapy helps the client to become his/her real self with the therapist working as a facilitator.

7. What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies. (CBSE 2012)

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

- The techniques adopted by the therapist and the implementation of the same with the client.
- The quality of therapeutic alliance—the regular availability of the therapist, and the warmth and empathy provided by the therapist has its importance.
- The quality of emotional unburdening (catharsis) has significant impact on healing.
- Non-specific factors are associated with psychotherapy. These are patient variable and therapist variable.
- Patient variable refers to attributed to the client, e.g., clients motivation for change and expectation of improvement due to the treatment etc. Therapist variable refers to his/her good mental health, absence of his/her unresolved emotional conflicts and expertise.

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

1. Yoga is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutra. Yoga, as it is commonly called today either refers to only the asanas or body positive component or to breathing practices or pranayama or to a combination of the two.

2. Meditation refers to the practice of focusing attention on breath or an object or thought or a mantra.

3. Vipassana Meditation, also known as mindfulness-based meditation, has no fixed object or thought to hold the attention. The person possibly observes the various bodily sensation and thoughts that are passing through his awareness.

4. The rapid breathing techniques to induce hyperventilation as in Sudarshana Kriya Yoga (SKY) is found to be a beneficial, low-risk, low-cost, adjunct to the treatment of stress, anxiety, post-traumatic stress disorder (PTSD) depression, stress-related medical illness, substance abuse, and rehabilitations of criminal offenders.

5. Kundalini Yoga taught in USA has found to be effective in treating mental disorders, obsessive-compulsive disorder. It combines pranayama or breathing with chanting of mantras.

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

Ans. Rehabilitation of the mentally ill is necessary to improve their quality of life once their active symptoms are reduced.

- In the case of milder disorders, such as generalized anxiety disorder, reduction of symptoms improves their quality of life and such patients need not to help rehabilitation.
- However in severe mental disorders, such as schizophrenic disorders, reduction of symptoms does not mean that patient is cured. Such patients develop negative symptoms like

apathy or lack of motivation and their cognitive social and occupational skills get impaired. So they need rehabilitation.

Rehabilitation provides:

1. Social Skill Training: It helps the patients to develop interpersonal skills through role play, imitation and instruction.
2. Cognitive Retraining: It helps the patients to improve the basic cognitive functions of attention, memory and executive functions.
3. Occupational Therapy: The patients are taught skills such as candle making, paper bag making and weaving to develop work discipline.
4. Vocational Training: When the patient becomes self-sufficient, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

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