



SANTHIGIRI

COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE

Cognitive Behavioral Therapy

ADD-SW-08

Time :1 hr

Marks:20

Date: 26/02/2022

(Answer all Questions)

(1*20=20)

1. What is cognition
2. What is therapeutic relationship
3. Behavioural Action in CBT
4. Identification of thoughts in CBT
5. What is Psycho education
6. What is anxiety
7. What is roleplay
8. What is evidence based intervention
9. Relevance of activity schedule in CBT
10. What is exposure
11. What is substance abuse
12. What is personality disorder
13. Reasons for marital discord
14. What is bulimia
15. Types of Eating Disorder
16. What is reframing
17. What is restructuring
18. What is journaling
19. Techniques in CBT
20. Principles in CBT

Parakkal

