

BOARD-PATTERN PRACTICE PAPER · CBSE CLASS 12**Therapeutic Approaches**

Psychology, CI-12 · Chapter 5 · Matches current CBSE blueprint · Each question PYQ-sourced where indicated

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	26	60 min	As per board	≥ 20/26

GENERAL INSTRUCTIONS

- All questions are compulsory.
- Section A carries 1-mark questions; Section B carries 2-mark; Section C carries 3-mark; Section D carries 4-mark questions.
- Answer in clear, structured points with examples wherever asked.
- Word limits are guidelines — quality of structure matters more than length.

Section A — Objective (1 mark each)**4 MARKS · 6 MIN**

- Q1.** Who developed Rational Emotive Behaviour Therapy? [PYQ 2024 Delhi] **[1 mark]**
- Q2.** Name the principle on which systematic desensitisation is based. [PYQ 2023 Delhi] **[1 mark]**
- Q3.** List Beck's negative cognitive triad. [PYQ 2022 All India] **[1 mark]**
- Q4.** What does the 'B' stand for in Ellis's ABC model? [PYQ 2023 All India] **[1 mark]**

Section B — Short Answer I (2 marks each)**4 MARKS · 9 MIN**

- Q5.** What is transference? Distinguish positive from negative transference. [PYQ 2020 Delhi] **[2 marks]**
- Q6.** List any four components of the rehabilitation of mentally ill persons. [PYQ 2023 All India] **[2 marks]**

Section C — Short Answer II (3 marks each)**6 MARKS · 14 MIN**

- Q7.** Explain the three therapeutic conditions Rogers considered essential for client growth. [PYQ 2023 Delhi]
- Q8.** Describe Beck's cognitive triad and its role in depression. [PYQ 2022 All India] **[3 marks]**

Section D — Long Answer (4 marks each)**12 MARKS · 31 MIN**

- Q9.** Explain the technique of systematic desensitisation with an example. [PYQ 2024 Delhi] **[4 marks]**
- Q10.** Discuss the ABC model of Rational Emotive Behaviour Therapy. Extend it to show how the therapist intervenes. [PYQ 2023 All India] **[4 marks]**
- Q11.** Differentiate biomedical therapy from psychotherapy on any four dimensions. [PYQ 2022 Delhi] **[4 marks]**

Marking scheme & model answers — see companion Answer Key PDF · all PYQs traceable to actual CBSE papers · readyforboards.com · +91 70330 05444