

EXAM-DAY · 90-MIN REVISION CARD

Therapeutic Approaches

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

Psychotherapy = Voluntary + Confidential + Professional + Informed Consent + Boundaries

Freud Toolkit = Free Association + Dream Interpretation + Transference + Resistance → INSIGHT + ABREACTION

Wolpe Desensitisation = Relaxation Training + Anxiety Hierarchy (~10 steps) + Graded Pairing

Ellis ABC → ABCDEF = A (Activating event) → B (Belief) → C (Consequence) → D (Dispute) → E (Effective new belief) → F (new Feeling)

Beck's Negative Cognitive Triad = Negative view of SELF + Negative view of WORLD + Negative view of FUTURE

Rogers' 3 Conditions = Unconditional Positive Regard + Empathy + Congruence/ Genuineness

Biomedical Toolkit = Anxiolytics + Antidepressants + Antipsychotics + Mood Stabilisers + ECT + rTMS

Healing Factors = Therapeutic Alliance + Catharsis + Learning + Social Support

TOP 5 PYQ PATTERNS

1 Explain systematic desensitisation with example

4 marks · 92% of years
Always credit Wolpe + name reciprocal inhibition; give a clean hierarchy of 3-4 rungs.

2 Discuss Ellis's ABC / REBT

4 marks · 88% of years
Extend to D-E-F to score the 4th mark; use a relatable student-life A.

3 Rogers' client-centred / three conditions

3 marks · 80% of years
Define each condition in one line; close with 'self-actualisation released'.

4 Beck's cognitive triad in depression

3 marks · 76% of years
Self/World/Future — one sentence each + mention automatic thoughts.

5 Rehabilitation of mentally ill

2 marks · 60% of years
List social-skills + vocational + occupational + family education — 4 components.

90-MIN REVISION FLOW

0-15 min

Read the parent_summary + cheat_sheet formulas grid; redraw the tree of 5 therapy schools from memory.

15-35 min

Sketch the Wolpe staircase and the ABCDEF chain on paper; explain each aloud as if teaching a friend.

35-55 min

Drill the 15 MCQ quick-test set; mark wrong ones and re-read the misconception they map to.

55-75 min

Write a 4-mark answer on systematic desensitisation AND a 4-mark answer on REBT under timer (8 minutes each).

75-90 min

Close-book recall: list Rogers' 3 conditions, Beck's triad, 4 healing factors, 4 rehabilitation components. Re-look at anything missed.

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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