

CHAPTER 5

# Therapeutic Approaches

CBSE · Psychology, CI-12 · Class 12

## WHAT THIS CHAPTER DOES

Boards prep that builds confidence, not anxiety.

**TODAY'S MISSION**

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# Today's Mission

**WHY THIS MATTERS**

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# The Therapy Tree

TOPIC

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# Five Features That Make It 'Psychotherapy'

TOPIC

**A**

# Part A — Psychodynamic Therapy

TOPIC

# Freud's Four Techniques

POINT 1

POINT 2

POINT 3

POINT 4

**WORKED EXAMPLE**

# How Insight Heals — A Mini-Case

- 1 Free association reveals frequent dreams of a stern, distant father.

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- 2 In session 14, Mr R snaps at the therapist for ending a session on time — a **NEGATIVE TRANSFERENCE** of his father-anger.

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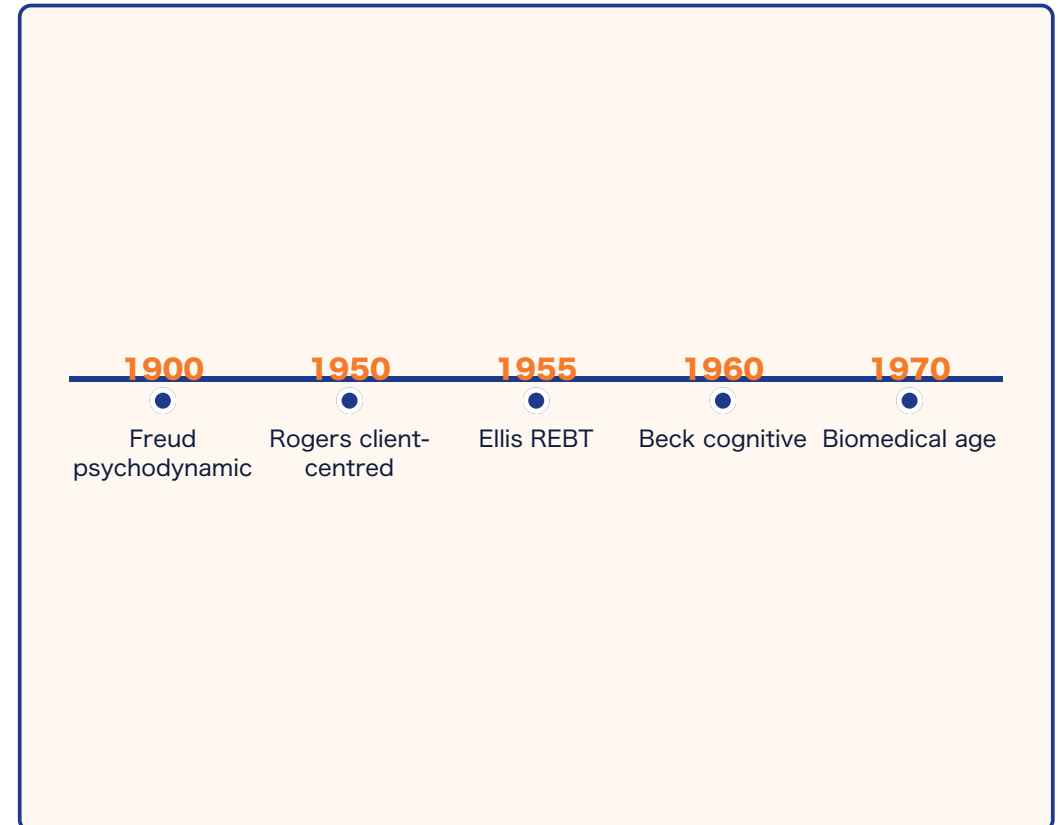
- 3 The therapist names this gently: 'You seem to feel I am rejecting you, like someone else once did.'

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- 4 Mr R cries — abreaction of decades-old grief.

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- 5 **INSIGHT** emerges: today's bosses are not his father; he can choose a different response. He returns to work and **stays**.



TOPIC

**B**

# Part B — Behaviour Therapies

**WORKED EXAMPLE**

# Wolpe's Systematic Desensitisation — Worked

**1** Step 1 — Relaxation training: Aanya learns progressive muscle relaxation (PMR) over 4 sessions.

**2** Step 2 — Build a 10-rung anxiety hierarchy from least to most frightening.

**3** Rung 1 — Reading her notes alone in her room (anxiety 5/100).

**4** Rung 5 — Practising the speech in front of a mirror (40/100).

**5** Rung 8 — Speaking before a small group of two friends (75/100).

**6** Rung 10 — Standing at the lectern, entire class watching (100/100).

TOPIC

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# The Behaviour Therapy Toolkit

**TRY IT · SOLVE BEFORE YOU PEEK**

# Quick Test — 60 seconds

Work it out before you flip the answer.

**SOLUTION**

TOPIC

**C**

# Part C — Cognitive Therapies

**WORKED EXAMPLE**

# Ellis REBT — The ABCDEF Chain in Action

- 1** A (Activating event): 'I scored 62% in pre-boards.'
- 2** B (Belief — IRRATIONAL): 'I MUST score 90+; if I don't, I am a complete failure and my parents will stop loving me.'
- 3** C (Consequence): Severe sadness, refuses food, stops studying.
- 4** D (Dispute): Therapist asks — 'Where is it written you MUST score 90? Is one mark the proof of total worth? Have your parents ever conditioned love on marks before?'
- 5** E (Effective new belief): 'I would have PREFERRED 90; I got 62. I need to work on weak chapters. My worth is not a single score.'
- 6** F (new Feeling): Healthy disappointment + motivation (not despair). Raj returns to study.

TOPIC

# Beck's Cognitive Therapy

POINT 1

POINT 2

POINT 3

POINT 4

TOPIC

**D**

# Part D — Humanistic & Biomedical

**TOPPER TEMPLATE · MARK-BY-MARK**

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# Topper Template — Rogers' Three Conditions (3 marks)

TOPIC

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# Biomedical & Alternative

POINT 1

POINT 2

POINT 3

POINT 4

TOPIC

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# Rehabilitation — A Four-Part Package

**PYQ PATTERNS**

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# PYQ Pattern Heatmap (last 5 years)

**MARKS DISTRIBUTION**

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# Marks Heatmap by Sub-topic

TOPPER TEMPLATE · MARK-BY-MARK

# Explain systematic desensitisation with an example. (4 marks)

- 1** **STEP 1** 1-line definition + credit Wolpe (1958)  
1 m
- 2** **STEP 2** Underlying principle — reciprocal inhibition (relaxation incompatible with anxiety)  
1 m
- 3** **STEP 3** Three-step procedure — relaxation training, hierarchy construction, graded pairing  
1 m
- 4** **STEP 4** Concrete example (lift phobia / exam phobia / spider phobia)  
1 m
- 5** **STEP 5** Closing: works because new relaxation-response replaces the anxiety-response at each rung  
1 m

TOPPER TEMPLATE · MARK-BY-MARK

# Discuss the ABC model of REBT. (4 marks)

**1** **STEP 1**  
1 m

Open with Ellis (1962) + name in full: Rational Emotive Behaviour Therapy

**2** **STEP 2**  
1 m

Define A, B, C with one example sentence each

**3** **STEP 3**  
1 m

Critical insight — distress flows from B, not A

**4** **STEP 4**  
1 m

Therapist's tool — D (Dispute) of irrational beliefs

TOPPER TEMPLATE · MARK-BY-MARK

# Explain Rogers' three therapeutic conditions. (3 marks)

**1** **STEP 1**  
1 m

Name the school — Client-centred (humanistic-existential)

**2** **STEP 2**  
1 m

Condition 1: Unconditional Positive Regard — non-judgemental acceptance

**3** **STEP 3**  
1 m

Condition 2: Empathy — entering the client's perceptual world

**4** **STEP 4**  
1 m

Condition 3: Congruence / Genuineness — therapist is real, not role-playing

**5** **STEP 5**  
1 m

Result: client's self-actualising tendency is released

**PYQ PATTERNS**

# Top PYQ patterns to drill

<b>#1</b>	Explain systematic desensitisation with example (4 marks)	<b>92%</b>
<b>#2</b>	Discuss Ellis's ABC / REBT (4 marks)	<b>88%</b>
<b>#3</b>	Rogers' client-centred / three conditions (3 marks)	<b>80%</b>
<b>#4</b>	Beck's cognitive triad in depression (3 marks)	<b>76%</b>
<b>#5</b>	Rehabilitation of mentally ill (2 marks)	<b>60%</b>

**RECAP · MEMORISE THESE**

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# Six Schools, One Goal

**WHAT'S NEXT**

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# Next Chapter



# Practise This Chapter

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