



TAMIL NADU OPEN UNIVERSITY
Chennai - 15
School of Social Science
SPOT ASSIGNMENT

Programme Code No : 232
Programme Name : M.Sc., Counselling Psychotherapy Second year
Course Code & Name : MCPS- 22, BEHAVIOUR THERAPIES
Batch : AY 2020-2021
No. of Assignments : One Assignment for Each 2 Credits
Maximum CIA Marks : 15 (Average of Total No. of Assignment)

Assignment - 1

Max : 15 Marks

Answer any one of the question not exceeding 1000 words

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1. Write short notes on Extinction Procedure.
2. Write about the steps involved in behaviour modification of depressive patients.
3. What is implosive therapy?

Assignment - 2

Answer any one of the question not exceeding 1000 words

1. What is systematic Desensitization? Describe.
2. Write a note on Aversive therapy
3. How phobia can be treated? Explain.

Assignment - 3

1. Discuss about the obesity management.
2. Write a note on Rational Emotive therapy.
3. Write a note on Behavioural Assessment