

**National Institute of Open Schooling**  
**Senior Secondary**  
**Lesson 24 – Psychotherapy**  
**Worksheet-24**

1. Prepare a list of centers in your city/state where a person can seek psychotherapy.
2. Arjun is having disturbing thoughts to the extent that he is not even able to wake up from his bed. He feels hopeless and can barely get through any task. What approach will a psychiatrist take to provide treatment in Arjun's condition?
3. Explain the characteristic features of the medical model of treatment.
4. Garvit is a 23 year old male. As a child Garvit was sexually abused by one of his uncles. Garvit has forgotten this incident, but he is not able to form an intimate relationship with anyone. Explain how Freud would have looked upon this situation.
5. Elucidate upon the characteristic features of the psychodynamic approach.
6. Discuss the relevance of behavioural therapy in the contemporary world and describe its measure therapies.
7. A 37 year old individual is extremely afraid of darkness and they wish to overcome it. Using the most appropriate (can be more than one) therapy or behavioural approach, design a step-by-step treatment plan for this individual.
8. "All people have a need for self-respect and to shape their life according to free choice." Discuss the given statement.
9. List the characteristic features of the Humanistic approach of treatment.