**COUNSELLING PSYCHOLOGY**

**UNIT I**

1. Tick the correct answer:
2. Counselling is concerned with bringing a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ change in the client.
3. Prescribed
4. Forced
5. Voluntary
6. Responsible
7. Before a counsellor can attempt to understand a client, he or she must have an objective and satisfying understanding of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. The client
9. Self
10. The problem
11. The process
12. The immediate goal of counselling is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
13. To obtain relief for the client
14. deal with clients’ anxiety inhibition resistance during sessions
15. Good mental health
16. Self-actualization
17. Which of the following is not a goal of counselling?
18. Resolution of problems
19. Improving personal effectiveness
20. Influencing the client’s values, attitudes, beliefs, interests, decisions, etc.
21. Relative achievement of positive mental health
22. The ability to sit back and observe what is happening from a neutral or non-imposing frame of reference is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
23. Objectivity
24. Empathy
25. Genuineness
26. Sensitivity
27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in its most basic sense is acting without a façade, functioning openly without hiding behind the veneer of one’s role or one’s professional status.
28. Objectivity
29. Genuineness
30. Non-dominance
31. Empathy
32. Counselling is not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
33. Helping individuals become self-sufficient
34. Giving assistance in the process of decision making
35. Giving advice
36. Facilitative in helping to achieve desired change
37. A relationship of trust in which one person imparts private or secret matters to a second party is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
38. Congruence
39. Clarification
40. Confidentiality
41. Confrontation
42. Freedom from fixed preconceptions and an attitude of open receptivity to that which the client is expressing is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
43. Empathy
44. Open-mindedness
45. Objectivity
46. Non-judgmental attitude
47. The manifestations of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, as they appear in the counselling setting, are acceptance and warmth.
48. Empathy
49. Open-mindedness
50. Non-judgmental attitude
51. Positive regard
52. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability of the counsellor to sit back and allow the client to initiate and direct the course of the counselling interview.
53. Non-dominance
54. Open-mindedness
55. Non-judgmental attitude
56. Positive regard
57. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is to sense the client’s private world as if were your own, but without ever losing the “as if” quality.
58. Empathy
59. Open-mindedness
60. Non-judgmental attitude
61. Positive regard
62. Which of the following is not included in training of counsellors?
63. Basic theoretical preparation
64. Practical training
65. Technical and applied knowledge
66. Advice giving
67. Counselling is a/an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process between the counsellor and the counsellee to help the counsellee’s needs.
68. Dominant
69. Interactive
70. Educative
71. Informative
72. Counselling is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ performed in many settings by different kinds of persons with varying backgrounds.
73. Profession
74. Role
75. Service
76. Help
77. Client \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be the focus of counselling.
78. Problems
79. Needs
80. Wants
81. Personality
82. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of counsellors is compulsory in some countries, but not in all countries.
83. Licensing
84. Training
85. Practice
86. Goals
87. Counselling, to be meaningful, has to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for each client, since it involves his unique problems and expectations.
88. Special
89. Specific
90. Defined
91. Limited
92. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means that the clinician helps people develop the skills and strengths they need to make wise choices for themselves.
93. Autonomy
94. Justice
95. Fidelity
96. Non-maleficence
97. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means that the clinicians should maintain their commitments to their profession and to their clients.
98. Autonomy
99. Justice
100. Fidelity
101. Non-maleficence
102. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means that clinicians should always keep in mind the importance of actively promoting the well-being of their clients and acting in the best interests of their clients.
103. Autonomy
104. Justice
105. Fidelity
106. Non-maleficence
107. Practicing in accord with established \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ standards can protect clinicians in the event of malpractice suits or other challenges to their competence.
108. Theoretical
109. Ethical
110. Licensing
111. Conceptual
112. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ states that clinicians should practice only within their areas of competence.
113. Fidelity
114. Autonomy
115. Non-maleficence
116. Professional responsibility
117. Respect for and appreciation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and of people’s rights and dignity should be reflected in all the professional interactions of counsellors.
118. Diversity
119. Problems
120. Needs
121. Goals
122. The ethical guidelines stated by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Code of Ethics is considered important and followed by counsellors.
123. DSM-5
124. DSM-IV
125. ACA
126. APA
127. Clinicians may need to break \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when working with people who present a danger to themselves or another person.
128. Ethical standards
129. Confidentiality
130. Ethical Guidelines
131. Professional responsibility
132. Clinicians make knowledgeable, professional and helpful use of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and assessment.
133. Interviewing
134. Diagnosis
135. Interpretation
136. Selection
137. Writers and researchers in mental health fields are also subject to ethical guidelines and must be sure not to harm research \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
138. Tools
139. Materials
140. Participants
141. Methods
142. Court orders and clients’ requests may require clinicians to disclose otherwise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ information.
143. Important
144. Relevant
145. Secret
146. Confidential
147. Educators and supervisors offer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for help with educational and emotional difficulties if needed.
148. Counselling
149. Therapy
150. Referrals
151. Treatment
152. Counselling can be conducted with persons
153. Individually
154. In groups
155. In families
156. All of the above
157. Which of the following is not among the personal qualities of an effective counsellor?
158. Ability to listen
159. Dominance
160. Tolerance of intimacy
161. Ability to laugh
162. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counsellors tend to act more defensively with their clients than do secure counsellors.
163. Insecure
164. Judgmental
165. Ineffective
166. Untrustworthy
167. People who experience difficulty trusting others are usually themselves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
168. Insecure
169. Judgmental
170. Ineffective
171. Untrustworthy
172. The committed counsellor must be willing to bear the often unjustified brunt of the client’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
173. Anger
174. Tears
175. Ideas
176. Expressions
177. Which of the following is not included in the three levels of interaction in counselling?
178. Observation
179. Interpretation
180. Interviewing
181. Evaluation
182. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, according to Blocher (1966), means “a belief in the worth of the client”.
183. Sensitivity
184. Empathy
185. Acceptance
186. Objectivity
187. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of an effective counsellor include sensitivity to language which makes possible understanding and communicating with the client over a wide range of topics.
188. Qualities
189. Communication skills
190. Non-judgmental attitude
191. Genuineness
192. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consists of any experience that helps the counsellor acquire counselling techniques and develop a counselling-interview style.
193. Self-development
194. Process development
195. Mastery of cognitive information
196. Skill development
197. Learning the definition of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and developing it as a counselling style and personal trait is one of the most important things in training of a counsellor.
198. Empathy
199. Positive regard
200. Communication skills
201. Functioning

FILL IN THE BLANKS:

1. In counselling, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ alone is responsible for the decisions or choices he makes, thought the counsellor may assist in this process by his warmth and understanding relationship.
2. The process or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goals of counselling include dealing with clients’ anxiety inhibition resistance during sessions.
3. One of Jahoda’s six criteria for mental health for effective coping of problems and situations in life is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ life as it comes.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to put oneself in another’s place, even if that person is totally different from you.
5. Capacity for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to set aside personal needs to listen and take care of others’ needs first.
6. The ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the capability of seeing the bittersweet quality of life events and the humour in them.
7. Comfort with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the enjoyment of verbal exchanges.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ insightfulness is comfort dealing with a wide range of feelings, from anger to joy.
9. Tolerance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to sustain emotional closeness.
10. Ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to find listening stimulating.
11. In the level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the counsellor attempts to add meaning to what he/she observes.
12. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counsellor is open, honest, and at all times himself or herself.
13. The counsellor often helps the client more by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than by speaking.
14. The courage required of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is much like the courage required of parents.
15. Every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is conducted on two levels – level of content and level of intent.
16. The most important area of ethical concern in counselling is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
17. Ethical standards give strength and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the mental health professions.
18. Ethical guidelines help clinicians make sound \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
19. Counsellors should avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contact with current or former clients.
20. Counsellors should engage in professional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to maintain and improve their skills.

**ANSWER KEY:**

|  |  |  |  |
| --- | --- | --- | --- |
| **MULTIPLE CHOICE QUESTIONS** | | | |
| Sl. No. | Answer | Sl. No. | Answer |
| 1 | C | 21 | D |
| 2 | B | 22 | B |
| 3 | A | 23 | D |
| 4 | C | 24 | A |
| 5 | A | 25 | C |
| 6 | B | 26 | B |
| 7 | C | 27 | B |
| 8 | C | 28 | C |
| 9 | B | 29 | D |
| 10 | D | 30 | C |
| 11 | A | 21 | D |
| 12 | A | 32 | B |
| 13 | D | 33 | A |
| 14 | B | 34 | D |
| 15 | C | 35 | A |
| 16 | B | 36 | C |
| 17 | A | 37 | C |
| 18 | B | 38 | B |
| 19 | A | 39 | D |
| 20 | C | 40 | A |

|  |  |
| --- | --- |
| **FILL IN THE BLANKS** | |
| **Sl. No.** | **Answer** |
| 1 | Client |
| 2 | Intermediate |
| 3 | Accepting |
| 4 | Empathy |
| 5 | Self-denial |
| 6 | Laugh |
| 7 | Conversation |
| 8 | Emotional |
| 9 | Intimacy |
| 10 | Listen |
| 11 | Interpretation |
| 12 | Genuine |
| 13 | Listening |
| 14 | Counsellors |
| 15 | Communication |
| 16 | Confidentiality |
| 17 | Credibility |
| 18 | Decisions |
| 19 | Sexual |
| 20 | Development |

**UNIT 2**

**MULTIPLE CHOICE QUESTIONS:**

1. The \_\_\_\_\_\_\_\_\_ is a co-operative effort between the individual and society, representing a compromise between the “self” of the individual and the expectation society has for her or for him.

a) Role

b) Social establishment

c) Back region

d) Front region

1. Goffman speaks of a \_\_ as any place surrounded by fixed barriers to perception in which a particular kind of activity regularly takes place.

a) Role

b) Social establishment

c) Back region

d) Front region

1. The counselor’s personal world is the \_\_\_\_\_\_\_\_\_ where the professional performance is prepared including the counselor’s fantasies, wishes, fears, problems, defences, anxieties, conflicts, values and the likes.

a) Role

b) Social establishment

c) Back region

d) Front region

1. The \_\_\_\_\_\_\_\_\_ is in the office, where the counselor carries out the counseling duties and makes a professional impact.

a) Role

b) Social establishment

c) Back region

d) Front region

1. Counselor \_\_\_\_\_\_\_\_\_ begins with a commitment to his or her own personal emergence, which in turn frees him or her to make personal commitments to others.

a) Life space

b) Communication

c) Commitment

d) Dedication

1. The relationship between counselor and client is essentially what Drasgow and Walker call a \_\_\_\_\_\_\_\_\_ relationship, with no intentional hierarchical stratification separating the two.

a) Horizontal

b) Vertical

c) Diagonal

d) Symbiotic

1. At times, the relationship between counselor and client becomes more \_\_\_\_\_\_\_\_\_, especially when the client seeks some professional advice from the counselor.

a) Horizontal

b) Vertical

c) Diagonal

d) Symbiotic

1. To be effective, a counselling technique must be \_\_\_\_\_\_\_\_\_\_;

a) Flexible

b) Organised

c) Practical

d) All of the above

1. By \_\_\_\_\_\_\_\_\_, we mean specifically that the technique is addressed to the facet of the client that is prominent in the treatment milieu.

a) Flexibility

b) Organised

c) Realistic

d) Pragmatic

1. An \_\_\_\_\_\_\_\_\_ differs from conversation in that it has a central purpose that is agreed to by the participants.

a) Communication

b) Interaction

c) Intervention

d) Interview

1. A counseling \_\_\_\_\_\_\_\_\_ is an unwritten but usually explicit agreement between the counselor and the client about what the treatment should do.

a) Agreement

b) Goals

c) Objectives

d) Contract

1. The goals of the termination session are to

a) Reinforce the client behaviour change in the direction of the

goal as stated by the client

b) Make sure the client has no other pressing concerns

c) Help the client realise that the conselor’s door is always open

d) All of the above

1. The interview that focuses on the patient’s symptoms in order to describe as precisely as possible the type, extent, duration, past history, and future course of the patient’s psychiatric illness is

a) Diagnostic interview

b) Intake interview

c) Clinical interview

d) Initial interview

1. Hallucinations, illusions or other simple misperceptions involve disorders of

a) Intellect and thought processes

b) Perception

c) Attention and orientation

d) Behaviour and appearance

1. Dominant affects appropriateness and strength of emotions and capacity for control fall under the purview of \_\_\_\_\_\_\_\_\_\_

a) Emotional expression

b) Insight and self-concept

c) Intellect and thought processes

d) Behaviour and appearance

1. The capacity for accurate, swift and complex thinking as indexed by extensive vocabulary, considerable information, good recent and long-term memory and fast and accurate problem-solving are all associated with

a) Behaviour and appearance

b) Insight and self-concept

c) Perception

d) Intellect and thought processes

1. The \_\_\_\_\_\_\_\_\_ interview focuses on the patient’s desire, motivation for treatment, expectations from the clinic and alternative courses of action.

a) Diagnostic

b) Intake

c) Case history

d) Social history

1. In a \_\_\_\_\_\_\_\_\_ interview, the patient is encouraged to talk about his early childhood experiences, parents, siblings, education, hobby, activities, job history, dating and sexual relations, present social life, marriage, work and interests.

a) Diagnostic interview

b) Research interview

c) Intake interview

d) Case history interview

1. Interviews with \_\_\_\_\_\_\_\_\_ refers to supplementing the history with further interviews conducted with spouses, parents, or perhaps others with whom the patient is intimately involved.

a) Researchers

b) Clinicians

c) Informants

d) Counselors

1. \_\_\_\_\_\_\_\_\_ interviews are where a number of people have to be examined in short order as in the military.

a) Brief

b) Pretesting

c) Screening

d) Intake

1. A \_\_\_\_\_\_\_\_\_ interview is conducted by psychologists in multi-disciplinary settings where diagnostic, history-taking, and other interviews are likely to be taken care of by other professionals.

a) Brief

b) Pretesting

c) Screening

d) Intake

1. \_\_\_\_\_\_\_\_\_ interviews are taken when hospitalised patients are to be moved to another unit, given off-hospital privileges, or are ready to go home.

a) Transfer

b) Furlough

c) Discharge

d) All of the above

1. Compared to ordinary clinic procedures, interviews specifically designed to gather research data are usually more structured and focussed. Such a type of interview is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Research interview

b) Intake interview

c) Clinical interview

d) Diagnostic interview

1. To sense the client’s private world as if it were your own, but without ever losing the “as if” quality is known as

a) Sensitivity

b) Empathy

c) Objectivity

d) Genuineness

1. A person who is \_\_\_\_\_\_ negates himself and by osmotic process is both absorbed and absorbing. With empathy, there is an inner strength which can alienate the giver from the receiver.

a) Empathetic

b) Objective

c) Sensitive

d) Sympathetic

1. \_\_\_\_\_\_ overlaps in meaning and in implication with such terms as honesty, sincerity, veracity and candour.

a) Genuineness

b) Non-dominance

c) Positive regard

d) Empathy

1. A role is a social mask – a \_\_\_\_\_\_ - which we wear in the presence of others in order to define and reinforce a situation by establishing clear limits of participation of each character.

a) Cover

b) Facade

c) Persona

d) Disguise

1. The concept of high self-monitoring and low self-monitoring individuals was proposed by

a) Freud

b) Rogers

c) Skinner

d) Snyder

1. High self-monitoring individuals are outgoing,

a) Usually talkative

b) Tends to direct their social relationships

c) Able to adapt to different social situations

d) All of the above

1. \_\_\_\_\_\_ involves a relationship of trust in which one person imparts private or secret matters to a second party.

a) Confidentiality

b) Acceptance

c) Positive regard

d) Listening

1. \_\_\_\_\_\_ may be defined as freedom from fixed perceptions and an attitude of open receptivity to that which the client is expressing.

a) Open-mindedness

b) Non-judgemental attitude

c) Empathy

d) Sensitivity

1. The quality of being \_\_\_\_\_\_ means that the counselor refrains from judging the guilt or innocence of the client.

a) Sensitivity

b) Empathy

c) Non-judgemental attitude

d) Open-mindedness

1. \_\_\_\_\_\_ a cognitive as well as an emotional response to the client makes possible a deeper and more spontaneous response to needs, feelings, conflicts, doubts and so on.

a) Sensitivity

b) Empathy

c) Non-judgemental attitude

d) Open-mindedness

1. To remain \_\_\_\_\_\_, in the counseling sense, means to be able to stand back and observe what is happening from a neutral, nonimposing frame of reference.

a) Genuine

b) Empathetic

c) Objective

d) Sensitive

1. \_\_\_\_\_\_ at its most basic level, is sitting back, paying attention, not interrupting, and not attempting to direct what clients are saying.

a) Positive regard

b) Communication

c) Nondominance

d) Listening

1. \_\_\_\_\_\_ as a quality in a counselor is the ability to sit back and allow the client to initiate and direct the course of the counseling interview.

a) Listening

b) Nondominance

c) Communication

d) Positive regard

1. \_\_\_\_\_\_ means that the counselor prizes his client as a person, with somewhat the same quality of feeling that a parent feels for his child, and cares for a client in a non-possessive way, as a person with potentiality.

a) Listening

b) Nondominance

c) Communication

d) Positive regard

1. One criteria of good \_\_\_\_\_\_ is the ability to anticipate the effect that words will have on a client, to know in advance, before saying them, the inferences, denotations, and connotations of the words used and the messages transmitted.

a) Positive regard

b) Communication

c) Nondominance

d) Listening

1. \_\_\_\_\_\_ is characterised by a loss of feeling for one’s work, despair of ever improving the situation and general malaise about the poor quality of one’s life all largely blamed on the strain caused by work.

a) Burnout

b) Loss of freedom

c) Alienation

d) Meaninglessness

1. \_\_\_\_\_\_ cuts the counselor off from the world, restricts emotional interchanges with others and prevents him or her from experiencing life to the fullest.

a) Burnout

b) Loss of freedom

c) Alienation

d) Meaninglessness

**Answer key:**

1a

2b

3c

4d

5c

6a

7c

8d

9b

10d

11d

12d

13a

14b

15a

16d

17b

18d

19c

20c

21b

22d

23a

24b

25d

26a

27b

28d

29d

30a

31a

32c

33a

34c

35d

36b

37d

38b

39a

40d

**FILL IN THE BLANKS:**

1. The counselor must be willing to listen to \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ the client had to say.

2. The counselor must \_\_\_\_\_\_\_\_\_ to the client, from the every beginning, the message, I am here to *help*you.

3. Avoid giving the client \_\_\_\_\_\_\_\_\_ judgements - even positive ones.

4. When the client sees the counselor talking openly, this communicates the message that the counselor is really \_\_\_\_\_\_\_\_\_ in her or him as a person.

5. The counselor carefully establishes with the client a \_\_\_\_\_\_\_\_\_ approach in which they deal with the problem together.

6. The counselling relationship may be defined in short as the client’s and counselor’s \_\_\_\_\_\_\_\_\_\_ about each other.

7. Gorden makes the point that an \_\_\_\_\_\_\_\_\_ always has a central purpose and this is what distinguishes it from conversation.

8. Helping the counselee talk is often the most difficult part of the \_\_\_\_\_\_\_\_\_ interview.

9. A role

9. The skilful \_\_\_\_\_\_\_\_\_ of the counseling interview helps the client feel more positive about the experience as well as increasing the likelihood of his or her returning if the need arises.

10. The \_\_\_\_\_\_\_\_\_ can be made easier by ending the session with an appropriate question or remark.

11. The complete psychiatric examination undertaken as part of the diagnostic interview includes as \_\_\_\_\_\_\_\_\_

12. The patient’s facial expression, expressive movements, visible physiological reactions and dress are examined in the mental status examination under the category of \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_.

13. The \_\_\_\_\_\_\_\_\_ interview takes considerable skill and patience to identify and respond to the patient’s major concerns and to guide him, if necessary and feasible to venture into the clinic.

14. In a \_\_\_\_\_\_\_\_\_\_ interview, knowing the history of a person is important to the understanding of his current personality structure and functioning.

15. Interviews with \_\_\_\_\_\_\_\_\_ are most likely to be sought where the patient himself is incapable or unwilling to talk, notably in the case of severely psychotic, grossly depressed, or mute adults or very young children.

16. To be able to experience the client’s feelings as the client is experiencing them in the same way is known as \_\_\_\_\_\_

17. The \_\_\_\_\_\_ counselor minimises dependence upon roles and increases giving of self to the client and is open, honest, and at all times himself or herself.

18. According to Snyder, the control that people have over the impressions they make on others is known as \_\_\_\_\_\_.

19. \_\_\_\_\_\_ means that within the relationship, the counselor is freely and deeply himself with his actual experience accurately represented by his awareness of himself. It is the opposite of presenting a façade either knowingly or unknowingly.

20. The counselor must be able to maintain an individual identity and remain sensitively aware of the differences between himself or herself and the client. This is what Rogers referred to as the \_\_\_\_\_\_ condition.

**Answer key:**

1. anything and everything
2. communicate
3. any
4. interested
5. team
6. feelings
7. interview
8. initial
9. termination
10. termination
11. mental status examination
12. behaviour and appearance
13. telephone
14. social history
15. informants
16. empathy
17. genuine
18. impression management
19. genuineness
20. “as if”

**COUNSELLING PSYCHOLOGY**

**UNIT III MCQs**

**TICK THE CORRECT ANSWER:**

1. The client-centered approach to counselling was founded by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Sigmund Freud
3. Carl Rogers
4. Albert T. Ellis
5. B.F.Skinner
6. The psychoanalytic approach to counselling was founded by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Sigmund Freud
8. Carl Rogers
9. Albert T. Ellis
10. B.F.Skinner
11. The rational-emotive behaviour approach to counselling was founded by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Sigmund Freud
13. Carl Rogers
14. Albert Ellis
15. B.F.Skinner
16. Dream analysis is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
17. Client-centered
18. Psychoanalytic
19. Rational-emotive
20. Behavioural
21. Systematic desensitization is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
22. Client-centered
23. Psychoanalytic
24. Rational-emotive
25. Behavioural
26. Free association is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
27. Client-centered
28. Psychoanalytic
29. Rational-emotive
30. Holistic
31. Teaching is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
32. Client-centered
33. Holistic
34. Rational-emotive
35. Behavioural
36. Behavioural disputation is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
37. Client-centered
38. Psychoanalytic
39. Rational-emotive
40. Behavioural
41. Open communication is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
42. Client-centered
43. Psychoanalytic
44. Rational-emotive
45. Holistic
46. Assertiveness training is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
47. Client-centered
48. Psychoanalytic
49. Rational-emotive
50. Behavioural
51. Time-out is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
52. Client-centered
53. Psychoanalytic
54. Holistic
55. Behavioural
56. Analysis of transference is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
57. Client-centered
58. Psychoanalytic
59. Rational-emotive
60. Behavioural
61. Imaginal disputation is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
62. Client-centered
63. Holistic
64. Rational-emotive
65. Behavioural
66. Unconditional positive regard is one of the basic requisites of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
67. Client-centered
68. Psychoanalytic
69. Rational-emotive
70. Behavioural
71. Use of reinforcers is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
72. Holistic
73. Psychoanalytic
74. Rational-emotive
75. Behavioural
76. Meditation is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
77. Client-centered
78. Holistic
79. Rational-emotive
80. Behavioural
81. Encouragement is one of the techniques of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to counselling.
82. Client-centered
83. Psychoanalytic
84. Rational-emotive
85. Holistic
86. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a generic term for any treatment that is intended to treat the individual as a whole.
87. Client-centered therapy
88. Psychoanalytic therapy
89. Rational-emotive therapy
90. Holistic therapy
91. An important part of the counsellor’s role in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involves helping the neurotic use of defense mechanisms.
92. Client-centered therapy
93. Psychoanalytic therapy
94. Rational-emotive therapy
95. Holistic therapy
96. The primary job of the counsellor in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is to develop a facilitative relationship with the client.
97. Client-centered therapy
98. Psychoanalytic therapy
99. Rational-emotive therapy
100. Holistic therapy
101. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ focuses on the environmental factors that shape the individual’s behaviour.
102. Behavioural approach
103. Psychoanalytic approach
104. Rational-emotive behavioural therapy
105. Holistic therapy
106. The primary goals of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ focus on helping people realize that they can live more rational and productive lives.
107. Behavioural approach
108. Psychoanalytic approach
109. Rational-emotive behavioural therapy
110. Holistic therapy
111. The seven stages of counselling in which the client moves from fixity to changeableness is the process of counselling under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
112. Client-centered approach
113. Psychoanalytic approach
114. Rational-emotive approach
115. Behavioural approach
116. The A-B-C-D-E model is taught to clients under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
117. Client-centered approach
118. Psychoanalytic approach
119. Rational-emotive approach
120. Behavioural approach
121. The focus is on modifying or eliminating the maladaptive behaviours that clients display, while helping them acquire healthy, constructive ways of acting under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
122. Client-centered approach
123. Psychoanalytic approach
124. Rational-emotive approach
125. Behavioural approach
126. One of the roles of the counsellor under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is to help the client work through a developmental stage not previously resolved.
127. Client-centered approach
128. Psychoanalytic approach
129. Rational-emotive approach
130. Behavioural approach
131. The primary role of the counsellor under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is confined primarily to dealing with the client’s observable behaviour.
132. Client-centered approach
133. Psychoanalytic approach
134. Rational-emotive approach
135. Behavioural approach
136. One of the roles of the counsellor under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is that of an instructor who teaches and corrects the client’s cognitions.
137. Client-centered approach
138. Psychoanalytic approach
139. Rational-emotive approach
140. Behavioural approach
141. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involves overcoming of distractions and dissipated energies into a blissful awareness.
142. Meditation
143. Imaginal disputation
144. Implosion
145. Empathy
146. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the most widely used and the most successful of all the behaviour modification techniques.
147. Shaping
148. Negative reinforcement
149. Positive reinforcement
150. Punishment
151. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involves the use of direct questions, logical reasoning and persuasion.
152. Imaginal disputation
153. Cognitive disputation
154. Behavioural disputation
155. Emotional disputation
156. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meditation, specific sounds are repeated to achieve a meditative state.
157. Chakra meditation
158. Christian meditation
159. Mantra meditation
160. Trataka meditation
161. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meditation, a steady gaze is performed on an object.
162. Chakra meditation
163. Christian meditation
164. Mantra meditation
165. Trataka meditation
166. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meditation, the purpose is not to fill a void, but communion with the living God.
167. Chakra meditation
168. Christian meditation
169. Mantra meditation
170. Trataka meditation
171. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, clients read self-help books.
172. Bibliotherapy
173. Shaping
174. Generalization
175. Dream analysis
176. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be defined as transferring onto the person of the counsellor, feelings that were once attached to emotionally significant figures early in life.
177. Resistance
178. Displacement
179. Transference
180. Projection
181. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counsellor acts as an empathic ear and an invisible guiding hand.
182. Psychoanalytic
183. Behavioural
184. Client-centered
185. Holistic
186. To the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counsellor, the individual is a product of conditioning.
187. Psychoanalytic
188. Behavioural
189. Client-centered
190. Holistic
191. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a mild aversive technique in which a client is separated from the opportunity to receive positive reinforcement.
192. Punishment
193. Flooding
194. Overcorrection
195. Time-out
196. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, one’s being and the self merge with Brahman, thereby extinguishing one’s individual nature.
197. Karma
198. Maya
199. Chakra
200. Nirvana

**FILL IN THE BLANKS:**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is less traumatic than Implosion, as the imagined anxiety-producing scene does not have dire consequences.
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** content of a dream is the obvious meaning of the dream.
3. The **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** approach to counselling is based on the assumption that all behaviour is learned, whether it be adaptive or maladaptive.
4. In the A-B-C-D-E model of REBT, A stands for the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means “wheels” and represent major nerve plexi which branch off the spinal cord to serve the major organs of the body**.**
6. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is presenting an aversive stimulus to a situation to suppress or eliminate a behaviour.
7. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** disputation uses a client’s ability to imagine and employ a technique known as rational emotive imagery (REI).
8. Three of the most important qualities that Rogers considered essential for the client-centered counsellor are genuineness, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and unconditional positive regard.
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a form of classical conditioning in which anxiety-evoking situations are paired with inhibitory responses.
10. In Behaviour modification, the counsellor’s job is to decide which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to pair in order to effect the desired changes.
11. According to the Hindu belief, the circumstances of one’s present life are consequences of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from a former life.
12. In token economy, every time a desired behaviour is performed, a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is given.
13. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy, the client often enters the seventh and last stage without need of the counsellor’s help.
14. Our personality and our actions, according to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are in a large part determined by the thoughts and feelings contained in the unconscious.
15. In Hindu tradition, the term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is often used to describe the belief that things are not what they appear to be.
16. The client-centered counsellor must enter the subjective personal world of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and experience along with him or her manifold feelings and perceptions.
17. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage is the first psychosexual stage.
18. Rational-emotive counselling consists largely of what we might call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ techniques.
19. In its most obvious form, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is learning by example, in which a person models himself or herself after another person’s behaviour or actions.
20. Many describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a form of self-meditation and relaxation.

**ANSWER KEY:**

|  |  |  |  |
| --- | --- | --- | --- |
| **MULTIPLE CHOICE QUESTIONS** | | | |
| Sl. No. | Answer | Sl. No. | Answer |
| 1 | B | 21 | A |
| 2 | A | 22 | C |
| 3 | C | 23 | A |
| 4 | B | 24 | C |
| 5 | D | 25 | D |
| 6 | B | 26 | B |
| 7 | C | 27 | D |
| 8 | C | 28 | C |
| 9 | A | 29 | A |
| 10 | D | 30 | C |
| 11 | D | 31 | B |
| 12 | B | 32 | C |
| 13 | C | 33 | D |
| 14 | A | 34 | B |
| 15 | B | 35 | A |
| 16 | B | 36 | C |
| 17 | C | 37 | C |
| 18 | D | 38 | B |
| 19 | B | 39 | D |
| 20 | A | 40 | D |

|  |  |
| --- | --- |
| **FILL IN THE BLANKS** | |
| **Sl. No.** | Answer |
| 1 | Flooding |
| 2 | Manifest |
| 3 | Behavioural |
| 4 | Activating experience |
| 5 | Chakra |
| 6 | Punishment |
| 7 | Imaginal |
| 8 | Empathy |
| 9 | Systematic desensitization |
| 10 | Stimuli |
| 11 | Karma |
| 12 | Token |
| 13 | Client-centered |
| 14 | Freud |
| 15 | Maya |
| 16 | Client |
| 17 | Oral |
| 18 | Teaching |
| 19 | Model |
| 20 | Yoga |

COUNSELING UNIT IV

1. The \_\_\_\_\_\_\_\_\_\_\_ family is the network of nuclear families bound together by several connected parent-child relationships.

a) nuclear family of origin

b) nuclear family of procreation

c) extended family

d) reconstituted family

2. Anything that preserves the family as a unit, either on a social or emotional level, is a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a) socio-emotional intactness

b) awareness

c) disclosure and receptivity

d) esteem building

3. Levels of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_refer to the ability and willingness of a partner to disclose his or her feelings to the spouse and the corresponding willingness of the spouse to be receptive to those feelings.

a) effective communication

b) disclosure and receptivity

c) esteem building

d) socio-emotional intactness

4. The most widely cited of all the family theories, the structural theory was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_.

a) Nathan Ackerman

b) Jay Haley

c) Mara Selvini-Palazzolia

d) Salvador Minuchin

5. The Family Counseling theory that emphasizes the concept of boundaries as the real reason behind family dysfunctioning or individual family member’s symptoms is the:

a) structural theory

b) strategic theory

c) Milan group approach

d) Nathan Ackerman’s approach

6. \_\_\_\_\_\_\_\_\_\_\_\_ is a descriptive term: it adjectively pinpoints certain manic types of behaviour that are generally inappropriate to the situation.

a) hyperkinesis

b) hyperactivity

c) clumsy child syndrome

d) character impulse disorder

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ counselors believe that play is the child’s most natural means of self-expression.

a) psychoanalytic

b) behavioral

c)client-centred

d) holistic

8. The source of marital conflict that involves eroding the very foundations of trust and love that hold the two partners together refers to:

a) jealousy

b) income

c) children

d) none of the above

9. The \_\_\_\_\_\_\_\_\_ approach involves asking clients to read books or view/listen to media and discus ideas related to what they have experienced.

a) Bibliotherapeutic

b) Solution-focused approach

c) Motivational interviewing

d) Developmental counseling and therapy

10. Alcoholics Anonymous, the oldest successful treatment programme in the world is based on a \_\_\_\_\_ step programme.

a) 10

b) 11

c) 12

d) 13

11. According to \_\_\_\_\_\_\_\_\_\_, intergenerational communication as well as communication among coeval family members is central to understanding the family pathology as well as its strengths.

a) Nathan Ackerman

b) Salvador Minuchin

c) Jay Haley

d) Luigi Boscolo

12. \_\_\_\_\_\_\_\_\_\_ establish either orally or in writing, the rules regulations, guidelines and goals of treatment.

a) contracts

b) interventions

c) exercises

d) behavioral techniques

13. The technique that involves the client to imagine and verbalize the obsessional train of thought, and the therapist suddenly shouts, “stop” is called:

a) systematic desensitization

b) thought- stopping

c) shaping

d) assertiveness training

14. A potential source of conflict among married couples is\_\_\_\_\_\_\_\_

a) jealousy

b) wrangling over children

c) money

d) all of the above

15. A common sexual disturbance that has proven most responsive to counseling where there is inability to control orgasm is known as:

a) male impotence

b) premature ejaculation

c) retarded ejaculation

d) frigidity

16. The names associated with the two main play approaches, psychodynamic and client centred are:

a) Anna Freud

b) Melanie Klein

c) Virginia Axline

d) All of the above

17. The family counseling technique of ‘positive connation’ is associated with the:

a) The Milan group

b) Structural theory

c) Strategic theory

d) Psychodynamic theory

18. Whether an *intervention* is effective or not is determined mostly by:

a) whether it is initiated by the counselor

b) whether it is initiated by the client

c) its timing

d) by the number of sessions completed so far

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may be strengths or deficits depending on whether or not they help people both to survive and to maintain and develop potentials.

a) lifeskills

b) defense mechanisms

c) behavioral techniques

d) livelihood skills

20. Anticipating problems related to work, intimate relationships, and responsibilities is an important career related counseling service offered by:

a) family counselors

b) career counselors

c) marital counselors

d) child counselors

21. To evaluate school behavior, performance, and academic achievement, the \_\_\_\_\_\_\_\_\_\_\_\_ is available for school use.

a) Connors Teacher Questionnaire

b) Anxiety Scale

c)Depression Scale

d) Bender Gestalt Test

22. The majority of individuals with children, who obtain a divorce, or whose spouse dies while they have growing children, eventually remarry to form the:

a) extended family

b) reconstituted family

c) nuclear family

d) joint family

23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy will be defined as any form of therapy with one or more members of a family which is guided by a family systems conceptualization of psychopathology.

a) marital

b) child

c) family

d) substance abuse

24. One of the criteria of the fully-functional healthy family which talks about members communicating freely to others about both positive and negative feelings is:

a) sharing feelings

b) understanding feelings

c) acceptance of individual differences

d) highly developed sense of care

25. One of the criteria of the fully-functional healthy family which talks about a strong sense of caring permeating interactions and encounters is:

a) sharing feelings

b) understanding feelings

c) acceptance of individual differences

d) highly developed sense of care

26. One of the criteria of the fully-functional healthy family which talks about the family structure allowing for and supporting of differences of individual members is:

a) sharing feelings

b) understanding feelings

c) acceptance of individual differences

d) highly developed sense of care

27. One of the criteria of the fully-functional healthy family which talks about problems being solved jointly without creating excessive friction within the family system is:

a) overall philosophy

b) nonadversary problem solving

c) sense of humour

d) none of the above

28. When \_\_\_\_\_\_\_\_\_ takes place, family members are classified according to the label, such as, “the good child” or the “the dull child”.

a) labelling

c) intervention

c) contracting

d) none of the above

29. One of the sexual disturbances that has proven responsive to counseling involving a general female dysfunction, where there is lack of erotic response to sexual stimulation is commonly known as:

a) vaginismus

b) frigidity

c) impotency

d) none of the above

30. In the school setting, an important contribution by the school counselor is in working with the \_\_\_\_\_\_\_\_\_\_student who deviates from the average or normal child in mental characteristics, sensory abilities, social behaviour and communication abilities.

a) juvenile

b) hyperactive

c) exceptional

d) all of the above

31. The Werry-Weiss-Peter Activity scale for parents’ use is a \_\_\_\_\_\_\_\_\_\_\_\_ containing items specifically related to the child’s activities in the home.

a) questionnaire

b) intervention

c) contract

d) none of the above

32. Through \_\_\_\_\_\_, the child’s attention can be captured and maintained as he or she enacts inner fears and wishes in the safety of the counseling relationship.

a) therapy

b) art

c) play

d) interventions

33. \_\_\_\_\_\_\_\_\_ means that we take cognizance of things not in the immediate environment. It means we are not living in a shell limited by our own experiences.

a) topical awareness

b) self awareness

c) awareness of partner

d) relationship awareness

34. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to our ability to understand our emotions, sensations and thoughts.

a) topical awareness

b) awareness of partner

c) self awareness

d) relationship awareness

35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ focuses on the interaction of the couple rather than the behaviour of each alone.

a) relationship awareness

b) topical awareness

c) awareness of partner

d) self awareness

36. \_\_\_\_\_\_\_\_\_\_\_ involves the ability to be sensitive to your partner, to experience empathy and to see the world and the relationship as it is experienced by the partner.

a) topical awareness

b) self awareness

c) awareness of partner

d) relationship awareness

37. Every marriage relationship has certain \_\_\_\_\_\_ that are expressed in terms of who can do what, where, when, and how, for what length of time.

a) contracts

b) rules

c) interventions

d) all of the above

38. It is the primary job of the therapist then not to solve the family’s problems for them, but to help them find appropriate ways of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a) effective communication

b) esteem building

c) problem solving

d) disclosure and receptivity

39. The concepts of first-order reality and second-order reality in family counseling is associated with the works of:

a) The Milan group

b) Nathan Ackerman

c) Structural theory

d) Strategic theory

40. The concept of family homeostasis or balance, where the roles assigned to family members led to resolving rather than causing conflict is associated with the works of:

a) The Milan group

b) Nathan Ackerman

c) Structural theory

d) Strategic theory

SCORING KEY:

1. c

2. a

3. b

4. d

5. a

6. b

7. c

8. a

9. a

10. c

11. c

12. a

13. b

14. d

15. b

16. d

17. a

18. c

19. a

20. b

21. a

22. b

23. c

24. a

25. d

26. c

27. b

28. a

29. b

30. c

31. a

32. c

33. a

34. c

35. a

36. c

37. b

38. c

39. d

40. b

Fill in the blanks:

1. Children do not come to counseling \_\_\_\_\_\_\_\_\_\_\_. They may be unaware that they have a problem.

2. In contrast to psychoanalytic approaches, \_\_\_\_\_\_\_\_\_\_ counselors focus on the phenomenological relationship between the client and the counselor.

3. \_\_\_\_\_\_\_choices as the family initially enters the room for family counseling are significant and should be noted by the therapist.

4. One of the key goals of all family counseling efforts is to teach the family to go about solving their \_\_\_\_\_\_\_\_.

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_may be seen as the socialized end product of the lengthy process of separating from the mother and forming one’s own identity.

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is any condition or set of conditions which prevents a person from functioning at grade level in one or several areas.

7. \_\_\_\_\_\_\_\_\_\_\_ counseling has as its starting point the problems of living of ordinary people rather than those who have been seriously emotionally deprived or possess a psychiatric disorder.

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ students are those who deviate from the average or normal child in mental characteristics, sensory abilities and social and communication abilities.

9. \_\_\_\_\_\_\_\_\_ abuse takes the form of verbal insults, yelling, ignoring and constant criticism.

10. \_\_\_\_\_\_\_is the recidivism or reoccurrence of dysfunctional behaviors once they have been treated.

11. \_\_\_\_\_\_\_\_\_\_\_\_\_ is a brief counseling intervention designed to reduce a client’s ambivalence towards change while increasing his or her motivation to engage in the behaviour-change process.

12. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach, the emphasis is on getting the client to think about what an improved life would look like and what changes would be needed to live such a life.

13. Alcoholics Anonymous, AA, also has meetings for family members called \_\_\_\_\_\_\_\_.

14. One of the main areas over which marriages seem to come to heated conflict is quarrelling over \_\_\_\_\_\_\_\_.

15. Ackerman’s family approach emphasizes that \_\_\_\_\_\_ are part of the organic structure of all families and learning to resolve them leads to successful development of each individual family member.

16. The \_\_\_\_\_\_\_\_\_ contract sets out acceptable and unacceptable behaviours, and the parties to the contract agree to abide by it.

17. Good \_\_\_\_\_\_\_\_\_\_ is when one partner can openly and uninhibitedly tell the other what is expected of him or her, and the other partner can respond.

18. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ child is different from the hyperactive child in that, aside from characteristics of the hyperactive child, he/she has a short attention span and other attendant difficulties.

19. Every marriage has certain \_\_\_\_\_\_ expressed in terms of “who can do what, where, when and how, for what length of time.”

20. \_\_\_\_\_\_\_\_\_\_ about one’s partner involves knowing accurately what it is your partner is experiencing in terms of his own self-awareness.

1. voluntarily

2. client-centred

3. seating

4. problems

5. individuation

6. learning disability

7. lifeskills

8. exceptional

9. emotional

10. relapse

11. motivational interviewing

12. solution-focused approach

13. Al-Anon / Alateen

14. money / children.

15. conflicts

16. behavioral

17. communication

18. hyperkinetic

19. rules

20. awareness

**UNIT 5**

**MULTIPLE CHOICE QUESTIONS:**

1. The critical quality of a crisis is the person’s­­­­­­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_ to deal with a situation.

a) Inability

b) Ability

c) Refusal

d) Capability

2. A \_\_\_\_\_\_ crisis is caused by the loss of a loved one.

a) Sexual

b) Intrapsychic conflict

c) Ego-fragmenting drug crisis

d) Grief

3. A \_\_\_\_\_\_ crisis involves conflict between the ego and the superego.

a) Situational

b) Intrapsychic conflict

c) Ego-fragmenting crisis

d) All of the above

4. The \_\_\_\_\_\_ model of crisis proposed by Leitner views crisis as a state of psychological disequilibrium in which the usual problem-solving methods fail to work.

a) Psychosocial transition model

b) Equilibrium model

c) Cognitive model

d) None of the above

5. The stigma attached to the victim of \_\_\_\_\_, traceable to cultural sex-roles stereotypes and irrational popular judgements of female complicity, discourages the victim in crisis from reaching out for help.

a) Anxiety

b) Family

c) Suicidal

d) Rape

6. \_\_\_\_\_\_ involves opening up and writing expressively about life’s problems in a systematic way.

a) Emotional disclosure

b) Biofeedback

c) Relaxation and meditation

d) Cognitive-behaviour therapy

7. \_\_\_\_\_\_ procedures aim to make patients more aware of such things as their heartrate, level of muscle tension, or blood pressure.

a) Emotional disclosure

b) Biofeedback

c) Relaxation and meditation

d) Cognitive-behaviour therapy

8. \_\_\_\_\_\_ is a type of therapy that focusses on tightening and relaxing specific muscle groups in sequence.

a) Mindfulness

b) Systematic desensitization

c) Meditation

d) Jacobson’s relaxation technique

9. When sexual abuse occurs in childhood, it often leads to

a) Distress

b) Acute trauma

c) Post-traumatic stress disorder

d) All of the above

10. A central assumption in \_\_\_\_\_\_ is that the individual was focussing well psychologically before the trauma. Thus, therapy is focussed only on helping the person through the immediate crisis, not on remaking his/her personality.

a) Crisis intervention

b) Biofeedback

c) Emotional disclosure

d) Cognitive behaviour therapy

11. The health benefit of exercise include

a) Increased efficiency of the cardio-respiratory system

b) Improved physical work capacity

c) Increases in soft tissue and joint flexibility

d) All of the above

12. \_\_\_\_\_\_ refers to systematic training in meditation to enable people to self-regulate their reactions to stress and the negative emotions that may result.

a) Expressive writing

b) Mindfulness training

c) Relaxation training

d) Assertiveness training

13. Relaxation training for stress management involves the use of

a) Muscle relaxation training

b) Guided imagery

c) Transcendental meditation

d) All of the above

14. \_\_\_\_\_\_ is a form of behaviour therapy designed to help people stand up for themselves – to empower themselves.

a) Expressive writing

b) Mindfulness training

c) Relaxation training

d) Assertiveness training

15. The \_\_\_\_\_\_\_\_\_model of crisis defines it as a breakdown of thinking resulting from a physical or psychological overload.

a) equilibrium

b) cognitive

c) psychosocial

d) tolerance

16. The kind of crisis where the counselor has to ascertain whether the method od destruction has been arrived at is the crisis of:

a) grief

b) rape

c) childloss

d) suicide

17. \_\_\_\_\_\_\_\_\_ abuse is inflicting harm by physical actions such as hitting, kicking, biting, scratching or using objects such as hoses, coat hangers, belts, knives and even guns.

a) Verbal abuse

b) Psychological abuse

c) Emotional abuse

d) Physical abuse

**Answer key:**

1a

2d

3b

4b

5d

6a

7b

8d

9d

10a

11d

12b

13d

14d

15b

16d

17d

**FILL IN THE BLANKS:**

1. A \_\_\_\_\_\_ then is an intolerable situation which must be resolved, or it has the potential to cause the psychosocial deterioration of the person.
2. The \_\_\_\_\_\_ model of crisis takes the viewpoint of the individual moving through necessary transitions in terms of psycho-social development.
3. The rape trauma syndrome as described by Holmstrom and Burgess comprises an acute phase and a \_\_\_\_\_\_ phase.
4. The \_\_\_\_\_\_ phase includes many physical symptoms especially gastro-intestinal irritability, muscular tension, sleep pattern disturbance, geneto-urinary discomfort, and a wide range of emotional reaction.
5. The \_\_\_\_\_\_ phase includes changes in lifestyle such as changing residence, seeking family and social network support, and dealing with repetitive nightmares and phobias.
6. \_\_\_\_\_\_ uses the term “stress” to describe the difficulties and strains experienced by living organisms as they struggle to cope with and adapt to changing environmental conditions.
7. The term \_\_\_\_\_\_ refers to a person’s ability to withstand stress without becoming seriously impaired.
8. \_\_\_\_\_\_ exercise is sustained exercise that stimulates and strengthens the heart and lungs, improving the body’s utilisation of oxygen.
9. \_\_\_\_\_\_ is the misuse or maltreatment of people, places or things. It can be active as in, physically or mentally punishing someone or passive as in neglect.
10. \_\_\_\_\_\_ abuse involves violent or neglectful actions against others, especially those within one’s family (i.e. siblings, spouses/partners, children, older adults) or those with whom one works or with whom one has daily contact.
11. Child abuse which involves acts of commission such as hitting, and child \_\_\_\_\_\_ which involves acts of omission such as failure to provide necessities are major concerns in family life.
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse involves violent or neglectful actions against others, especially those within one’s family (i.e. siblings, spouses/partners, children, older adults) or those with whom one works or with whom one has daily contact.

**Answer key:**

1.crisis

2.psychosocial

3.long-term

4.acute

5.long-term

6.Selye

7.stress tolerance

8.Aerobic

9.Abuse

10.Inter-personal

11.Neglect

12. Interpersonal