

KAHM UNITY WOMEN'S COLLEGE, MANJERI

DEPARTMENT OF PSYCHOLOGY

QUESTION BANK

SEMESTER-5: PSY5B4; PSYCHOLOGICAL COUNSELING

Multiple choice questions

- 1) The one who seeks help in a counseling is called the
 - a) Counselor
 - b) Counselee
 - c) Consultant
 - d) Patient
- 2) Which of the following is not an element of counseling
 - a) Interview
 - b) Confidence
 - c) Professional growth
 - d) Communication
- 3) The one who provides help in a counseling is called the
 - a) Counselor
 - b) Counselee
 - c) Therapist
 - d) Consultant
- 4) What is not a characteristic of counseling?
 - a) Behavioral change
 - b) Opportunity for free expression
 - c) Counselor's involvement
 - d) Personal interview
- 5) According to Egan' three-stage theory of counseling, what is involved in stage II?
 - a) Helping clients to clarify the key issues calling for change
 - b) Helping clients determine outcomes
 - c) Helping clients develop strategies for accomplishing goals
 - d) None of the above

- 1) CBT was developed by
 - a) Albert Ellis
 - b) Baddeley
 - c) Aaron T. Beck
 - d) Weishler

A- Aaron T. Beck

6. Who is not a humanistic theorist

- a) Carl roger
- b) Abraham Maslow
- c) B.F Skinner
- d) Rollo May

A- B.F Skinner

7. Which of the following did Carl Rogers believe encourage a congruent self-concept?

- a) Unconditional love
- b) Appropriate role models
- c) Immediate –need gratification
- d) Conditional love

A- Unconditional love

8. In which of the following therapies clients are encouraged to express their true thoughts and feelings and become their true selves in :

- a) Psychodynamic Therapy
- b) Psychoanalysis
- c) Behavior Therapy
- d) Client centered therapy

A- Client centered therapy

9. Dr. Ellis’s ABCDE model stands for:

- a) Activating event- Belief system- Consequences- Disputing- Effect
- b) Action- Belief system- Consequences- Disputing- Effect
- c) Activating event- Brain teaser- Consequences- Disputing- Effect
- d) Activating event- Belief system- Care taking- Disputing- Effect

10 When speaking with a client, you maintain eye contact and nod to show you are listening. Which technique of active listening does this demonstrate?

- a) Paraphrasing
- b) Using non-verbal cues
- c) Asking for clarification
- d) Asking open-ended questions

A- Using non-verbal cues

11 It is refers to strategies and approaches used by counselors to establish a positive and supportive rapport with their clients at the beginning of a counseling session.

- a) Greetings
- b) Opening techniques
- c) Attitudes
- d) Rapport building

12 What does the term “rapport” mean in the counseling process?

- a) The level of trust and understanding between the counselor and the client
- b) The client’s life story and experiences

- c) The counselor's analysis of the client's concerns
- d) The client's immediate foals and action plan

A- The level of trust and understanding between the counselor and the client

- 13 What is a crucial step during the termination phase of the counseling process?
- a) Providing resources for the client's ongoing support
 - b) Ignoring the client's progress
 - c) Rushing through the termination process
 - d) Setting new long-term goals

A- Providing resources for the client's ongoing support

- 14 During the counseling process, what is the purpose of "reflection" during a session?
- a) Making a diagnosis
 - b) Offering immediate solutions to the client
 - c) Repeating and clarifying the client's thoughts and feelings
 - d) Encouraging the client to talk more about irrelevant topics

A- Repeating and clarifying the client's thoughts and feelings

2 mark questions:

1. What is self-awareness?
2. Write two important roles of counseling
3. Write two characteristics of counselor
4. What are the three main core conditions of an effective counselor
5. What is Eclectic counseling?
6. What is rapport?
7. Summarizing
8. Focusing
9. Paraphrasing
10. Forced termination
11. Goal setting
12. Terminating skills
13. Timing and pacing
14. Structuring
15. SOLER method

5 mark questions:

1. Goals of counseling

2. Conditions facilitating effective counseling
3. Characteristics of an effective counseling
4. Scope of counseling
5. Counseling and helping

10 mark questions:

1. Elaborate the three stages of Egan's model skilled helper approach
2. Counselor and counselee characteristics
3. Introduction to counseling
4. Scope and goals of counseling
5. Objective of counseling
6. Challenging, interpretation and confrontation
7. Elaborate the term Divergent thinking
8. Listening techniques
9. Problem solving and decision making
10. Opening techniques