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SARDAR PATEL UNIVERSITY
SYBA(ADVANCED)(Fourth SEMESTER)(CBCS) EXAMINATION 2016
Tuesday, 12th April 2016
UA04CEPS03: Counseling Psychology

Time: 2.30 To 4.30 p.m.

Total Marks: 60

Q.1 Choose the correct answer from the following.

(15)

1. Which of the following is NOT one of the five most common strategies for change?
 - a. Developing insight
 - b. Entrenching cognitions
 - c. Creating systemic change
 - d. Increasing awareness
2. Another term for empathy is:
 - a. Affective sensitivity
 - b. Awareness
 - c. Respect
 - d. Unconditional positive regard
3. _____ is the stage at which effectiveness of the counseling is evaluated.
 - a. Diagnosis
 - b. Counseling
 - c. Prognosis
 - d. Follow-up
4. Counselors who help clients understand, accept, and resolve problems by using basic counseling techniques so that their clients can lead more satisfying, well-adjusted lives are providing.
 - a. Group counseling
 - b. Career counseling
 - c. Personal counseling
 - d. Vocational guidance and job placement
5. In psychology, case studies are used to:
 - a. Draw conclusions about individual behavior on the basis of group finding
 - b. Draw general conclusions about behavior of the client
 - c. Assess heritability of individual
 - d. Show importance of case study
6. Introspection is:
 - a. A scientific method used to study dreams
 - b. A psychotherapeutic technique where the patient gives a running account of internal dialogues
 - c. A process used to uncover symbolic representations in dream
 - d. The analysis of the contents of our own thoughts
7. Clinical psychologists and counseling psychologists
 - a. Have in common the fostering of personal growth.
 - b. Use many of the same tools of assessment.
 - c. Both receive training in assessment and therapy.
 - d. All of the above.
8. Choosing one's counseling approach is based upon which two factors?
 - a. Training and personality
 - b. Simplicity and universality
 - c. Complication and effectiveness
 - d. Exposure and personal fit
9. The responsibility of the counselor is to _____.
 - a. Express his view to the counselee.
 - b. Make decisions for the counselee.
 - c. Set up goals for the counselee.
 - d. Following-up stage
10. The principle of extinction assumes that emotional problems can be:
 - a. Unlearned.
 - b. Removed from your mental lexicon.
 - c. Derived from childhood experiences.
 - d. Become prehistoric.
11. What are the two most common clinical symptoms presented when a client voluntarily requests counseling services?
 - a. Depression and mania
 - b. Substance abuse and anxiety
 - c. Anxiety and depression
 - d. Neurosis and psychosis

12. According to Freud, Displacement, Sublimation and Projection are all types of what?
 a. Psychosocial stage of development b. Defense mechanism
 c. Psychosexual stage of development d. Neurotic need
13. Behavioral modification involves
 a. Solving problems through insight
 b. Bringing behavior under stimulus control
 c. Demonstrating learning in the absence of reinforcement
 d. Application of learning principles to change behavior
14. "Tell me about" is an example of:
 a. An open-ended question b. A closed-ended question
 c. An ethnographic interviewing technique d. Theory-guided inquiry
15. Which of the following interviewing techniques are appropriate for communicating with less verbal client populations?
 a. Observation b. Play therapy c. Activities d. All of the above

Q.2. Elaborate the factors affecting the counseling process

OR

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Q.2. Write in detail theories of counseling

Q.3. What is counseling psychology? Write down characteristics and goal of counseling.

OR

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Q.3 Define group counseling. Explain formation and values of group counseling

Q.4 Short Notes (Any Two)

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- A. Interview process in counseling
- B. Martha is a 52-year-old divorced woman with three grown children. Her oldest child, Heather, is married with a good career and is expecting her first baby. Martha's middle child, Scott, is single. He has a teaching degree and a history of drug and alcohol abuse. Carter is Martha's youngest child. He lives at home and commutes to a local university where he is a senior. Martha works as a legal secretary and lives on a tight budget. She is considering returning to college, and maybe even dating, now that her children are older. But Martha is afraid to make a decision that she may regret. In fact, when Martha makes plans to return to school or to join an online dating site, she feels so anxious that she sometimes experiences panic attacks. Martha can't decide if she should let her life remain status quo (**Status quo** is a Latin phrase meaning the existing state of affairs, particularly with regards to social or political issues) or if she should work through her fears holding out hope for a more fulfilling life. Martha asked her family doctor for something for anxiety, but he suggested that she call a counselor. **How will you assess the above mention case of Martha?**
- C. Robert is a 45-year-old married man with two adult children. He has been employed as a metallurgical engineer in a local steel mill for 20 years. Robert married his high school sweetheart. He describes their relationship as "typical." They eat meals and attend family gatherings together but do little else as a couple. Robert spends his spare time reading, playing golf and watching TV. For the last two months, Robert has felt blue and his appetite has decreased. Because he has not been sleeping well, Robert drinks more at night. Sometimes he feels like life is hardly worth living. Robert has tried to "snap himself" out of this sour mood but nothing seems to work. **Give your useful suggestions and recommendations to Robert?**
- D. Role of counselor