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SEAT No. \_\_\_\_\_

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SARDAR PATEL UNIVERSITY  
S.Y.B.A. (ADVANCED) (FOURTH SEMESTER) (CBCS) EXAMINATION 2019

Tuesday 9<sup>th</sup> April, 2019

Time: 2.00 to 4.00 p.m.

UA04CEPS03: Counselling Psychology

Note: All questions are compulsory.

Total Marks: 60

Q.1 Multiple choice questions. (Each carry one mark)

15 marks

1. In counselor oriented counseling, the counselor places more emphasis on the counselee's \_\_\_\_\_ aspect.  
a. Intellectual      b. Social      c. Emotional      d. Behavioral
2. Counselor oriented Counseling is also referred to as directive counseling.  
a. Directive counseling      b. Non-directive counseling  
c. Eclectic counseling      d. Equally oriented counseling
3. Which characteristic of counseling interview makes it different from other interview?  
a. Informative      b. Therapeutic      c. Sympathetic      d. None
4. \_\_\_\_\_ is most appropriate word for physical setting in counseling  
a. Beautiful      b. Attractive      c. Comfortable      d. Effective
5. Interruptions during the course of the interview should be avoided.  
a. True      b. False
6. The early guidance programs and activities were mostly  
a. Vocational      b. Recreational      c. Psychiatric      d. Educational
7. 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
8. The interviewer should strive for establishing rapport- a relationship of confidence, trust and mutual appreciation.  
a. True      b. False
9. The main exponent of counselee oriented counseling was \_\_\_\_\_  
a. James B. Watson      b. Carl Rogers  
c. E. G. Williamson      d. F.C. Thorne
10. Which of the following interviewing skills is intended to help clients change their self-defeating behaviors?  
a. Self-disclosure      b. Confrontation  
c. Open-ended questions      d. Focusing

(P.T.O.)

11. In which stage of counseling are family grief and shame most likely to arise?
- Initial stage
  - Middle stage
  - Final stage
  - Termination stage
12. Which one of the following would a client centered therapist use?
- Empathy
  - Desensitisation
  - Racket system
  - Ego states
13. What are the two most common clinical symptoms presented when a client voluntarily requests counseling services?
- Depression and mania
  - Substance abuse and anxiety
  - Anxiety and depression
  - Neurosis and psychosis
14. \_\_\_\_\_ is the stage at which effectiveness of the counseling is evaluated.
- Diagnosis
  - counseling
  - Prognosis
  - Follow-up
15. When beginning a counseling relationship, you are ethically required to
- patient of the limits of confidentiality.
  - explain that everything said in your sessions will remain confidential.
  - keep a detailed record of what is said during each session.
  - write very few details of what is said in your session.

Q.2. Define counseling psychology? Explain goals of counseling psychology. (15)

OR

Q.2. Explain process of group counseling and limitations of it.

Q.3. Explain any three theories of counselling. (15)

OR

Q.3. Write detail note on Types of interview and advantages and disadvantages of an interview

Q.4 Write Short notes (any two) (15)

- Similarity and differences between individual and group counselling
- Nature of counsellor
- Interview techniques
- Values of group counseling

---X---X---X---