

Counselling Psychology-II
Core Course of BSc Counselling Psychology
VI Semester-CUCBCSS 2014 admn onwards
Multiple Choice Questions

1. Which guidance service suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs?
 - a. A.Evaluation
 - b. B. Placement
 - c. C. Counseling
 - d. D. Follow-up
2. A person's career includes many significant events and experiences but in which areas has work psychology been able to make a contribution?
 - a. Career counselling
 - b. Career choice
 - c. Mentoring
 - d. All of the above
3. It is difficult to get fully accurate figures but which of the following appears to be the most commonly used career management technique in organisations?
 - a. Mentoring
 - b. Internal vacancy notification
 - c. Individual counselling
 - d. Career planning workshops
4. Each of the following is part of the definition of psychotherapy except
 - a. trained professional
 - b. psychological methods

- c. medical treatment methods
 - d. based on psychological theory
5. Which type of psychotherapy views the process of helping others as a form of teaching?
- a. humanistic therapy
 - b. behavior therapy
 - c. psychoanalytic therapy
 - d. client-centered therapy

6. According to the Association for Advancement of Behavior Therapy, each of the following is an ethical consideration in the use of psychotherapy except

- a. the goals of treatment
- b. the fees (splitting the fees when necessary)
- c. the choice of treatment methods
- d. client confidentiality

7. Which of the following is a situation where it is appropriate for a therapist to breach confidentiality?

- a. spouse inquiry
- b. court order
- c. insurance company order
- d. relative asks a question

Feedback: correct

8. According to Freud, when the patient reacts to the therapist in ways that resemble how he or she would react to other authority figures, the process is called

- a. resistance
- b. catharsis
- c. free association
- d. transference

9. In psychoanalysis, the release of emotional energy related to unconscious conflicts is called

- a. resistance
- b. catharsis
- c. free association
- d. transference

10. A contemporary neo-Freudian form of psychotherapy that ignores unconscious motivation is called

- a. social skills training
- b. systematic desensitization
- c. interpersonal psychotherapy
- d. assertiveness training

11. Research suggests interpersonal psychotherapy is effective in treating

- a. schizophrenia
- b. bipolar disorder
- c. phobias
- d. depression

12. According to Rogers, the ability of the therapist to share the client's emotions is an important process called

- a. reflection
- b. empathy
- c. catharsis
- d. transference

13. The role of the client-centered therapist is to

- a. interpret the client's unconscious conflicts
- b. create a safe atmosphere for clients to express feelings
- c. confront and challenge the client and point out inconsistencies
- d. help the client unlearn abnormal ways of behaving

14. Which of the following techniques is a client-centered therapist most likely to use?

- a. analysis
- b. giving advice
- c. reflection

15. Behavior therapy teaches skills based on methods derived from

- a. classical conditioning
- b. operant conditioning
- c. information-processing theory
- d. a and b above

16. With which disorders has cognitive therapy been shown to be effective?

- a. anxiety disorders
- b. bulimia
- c. major depression
- d. all of the above

17. Persuading clients to abandon their erroneous ways of thinking is a goal of

- a. aversive conditioning
- b. cognitive therapy
- c. systematic desensitization
- d. social skills training

18. Which of the following is a fundamental concept of feminist psychotherapy?

- a. an equal relationship between therapist and client

- b. an awareness of anger over living in a sexist society
- c. encouragement to consider the clients' needs as valid and worthy
- d. all of the above

19. Board-certified psychologists

- a. are more competent than those who are not
- b. are eclectic psychiatrists
- c. are the only ones who accept health insurance
- d. have met national standards for competency

20. Which of the following would be good advice for someone considering a therapist?

- a. Eclectic therapists are best because they can provide the widest variety of services.
- b. Student counseling centers are usually staffed by students and recent graduates who don't have much experience.
- c. Anybody can call themselves a "psychologist."
- d. Referrals can be a good guide in choosing a psychologist.

21. Which therapy would be most focused on exploring childhood relationships?

- a. behavioral therapy
- b. cognitive therapy
- c. humanistic therapy
- d. psychodynamic therapy

22. Alcoholics Anonymous (AA) is an example of

- a. group therapy.
- b. a self-help group.
- c. couples therapy.

d. dialectical behavioral therapy.

23. A person who is afraid of snakes is taken to a zoo by his therapist and made to sit in a room with dozens of snakes. This is an example of

- a. Gestalt therapy.
- b. flooding.
- c. aversive conditioning.
- d. cognitive restructuring.

24. Which of the following is the most important ingredient for successful counselling or therapy?

- a. the therapist's support of the client
- b. the number of sessions
- c. the type of therapy
- d. the client's age

25. Which of the following techniques would be consistent with a behavioral approach?

- a. exploring the messages a person received about food while growing up
- b. challenging a person's all-or-none thinking about weight
- c. encouraging someone to buy himself or herself a new pair of shoes for losing 15 pounds
- d. discussing the meaning of weight in a person's self-image

26. Which of the following do cognitive therapists believe?

- a. uncovering childhood trauma is the goal of therapy
- b. how we think is an important part of how we feel
- c. altering one's unhealthy routines alone will lead to psychological well-being
- d. certain medications are needed to help people maintain psychological health

27. Group therapy can be helpful for clients because

- a. it is more cost-effective than individual therapy.
- b. clients can interact in genuine relationships, which is more like real life than individual therapy.

- c. it allows clients to not invest as much psychological energy as in individual therapy.
- d. clients are more comfortable speaking in groups.

28. When the therapist lets the client know that he or she understands and accepts the client, it is known as

- a. cognitive restructuring.
- b. interpersonal learning.
- c. systematic desensitization.
- d. validation.

29_____ is a short-term therapy that focuses on encouraging client's strengths.

- a. Cognitive-behavioral therapy
- b. Integrative therapy
- c. Common-factors therapy
- d. Well-being therapy

30. A person with a phobia of horses would likely benefit most from which type of therapy?

- a. systematic desensitization
- b. group therapy
- c. psychoanalysis
- d. family therapy

31. Feeling touchy or hypersensitive following an upsetting experience is a form of–

- a. Imprinting
- b. Habituation
- c. Sensitization
- d. Reflexive Behaviour

32. Torrance Tests of Creative Thinking (TTCT) are mainly indexing–

- a. Creative Products
- b. Creative Processes

- c. Creative Personality
- d. Creative Persuasion

33. Which one the scaling method is more likely to yield multidimensional attitude scale?

- a. Guttman Scalogram analysis
- b. Paired comparison method
- c. Equal appearing intervals method
- d. Method of summated rating

34. Self is conceptualized in Western and Eastern perspectives on personality, respectively as—

- a. free and deterministic
- b. instinctive and learned
- c. ideal and real
- d. independent and interdependent

35. When a Background Interference Procedure was used experimentally, the following findings became apparent?

- a. Field independent persons did better than field dependent persons
- b. Field dependent persons did better than field independent persons
- c. Both field dependent and field independent persons did equally well
- d. BIP enhanced the performance of all subjects

36.. People with moderate mental retardation would have an IQ in the range of—

- a. 10 to 19
- b. 35 to 54
- c. 55 to 70
- d. 20 to 34

37. The following is not typically found in a school in a school guidance counsellor's office—

- a. Sand pit
- b. Lie detector
- c. Psychometric tests

d. Puppets and play dough

38. -----plays a significant role in equipping the student teacher for effectively guiding children and young people in their growth and development through learning.

a. Child psychology

b. Clinical psychology

c. developmental psychology

d. Educational psychology

39. -----helps the teacher to understand his pupils, whose education or training is his responsibility.

a. Child psychology

b. Clinical psychology

c. developmental psychology

d. Educational psychology

40. Changes in the quantitative aspects fall in the domain of growth. Changes in the qualitative aspects fall in the domain of -----

a. evolution

b. involution

c. development

d. learning

41. Maturation and ----- go hand in hand in development.

a. evolution

b. involution

c. development

d. learning

42. ----- can be used to support the learning environment by providing tools for discourse, discussions, collaborative writing, and problem-solving, and by providing online support systems to scaffold students' evolving understanding and cognitive growth.

- a. ICT
- b. IFT
- c. DAT
- d. EEG

43. ----- is a process of getting an object of thought clearly before the mind.

- a. perception
- b. attention
- c. motivation
- d. intelligence

44. ----- is goal-oriented behavior that leads to drive reduction in the organism.

- a. perception
- b. attention
- c. motivation
- d. intelligence

45. Warm, friendly understanding condition which is essential for an effective relationship between the client and the counsellor.

- a. Rapport
- b. transference
- c. attitude
- d. relationship

46. From the following list of tools used by the career guidance counselor, choose the odd one out—

- a. DAT
- b. GATB
- c. DBDA
- d. SVIB

47. Behaviour modification is a type of:

- a. Behaviour therapy.
- b. Cognitive behavioural therapy.
- c. Humanistic therapy.
- d. Client centered therapy.

48. Counseling psychology differs from clinical psychology in that

- a. it is more concerned with the treatment of inpatients
- b. it is more concerned with severe behavior pathology.
- c. it is more concerned with everyday problems in living.
- d. all of the above.

49. 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

50. Which is NOT the type of question typically addressed by clinical assessment?

- a) What is this person's diagnosis?
- b) What type of intervention might be optimal?
- c) Does this person have executive potential?
- d) Does this person need to be hospitalized?

51. A counseling psychologist is presented with a student who complains of being unable to study. Which tool of assessment would probably be of greatest assistance in terms of better

- a) The Rorschach.

- b) Self-monitoring.
- c) The MMPI.
- d) Role play.

52. Saying whatever comes to mind, even if it seems senseless, painful, or embarrassing, is part of the Freudian technique known as

- a) unconditional regard.
- b) non-directive therapy.
- c) free association.
- d) transactional analysis.

53. The basic assumption of behavior therapy is that

- a) deep understanding of one's problems leads to behavior change..
- b) past experiences and emotional trauma must be probed before behavior can be changed.
- c) learned response causes problems, therefore, behavior can be changed by relearning.
- d) phobias can be created and dismantled

54. Carl Rogers is responsible for

- a) client-centered therapy.
- b) psychoanalysis.
- c) directive therapy.
- d) existential therapy.

55. Leaning forward, saying ummm, nodding, are examples of which one of the following interviewing techniques?

- a. Paraphrasing

- b. Prompting
- c. Furthering
- d. Checking

56. Counselling is a profession that aims to:

- a. Promote personal growth and productivity.
- b. Provide a successful diagnosis in psychopathology.
- c. Ensure that clients are on the correct medication.
- d. Solely address behaviour.

57. Empathy involves:

- a. Feeling sorry for someone.
- b. Putting others before yourself.
- c. Putting yourself in someone else's shoes.
- d. Putting yourself before others.

58. An encounter group:

- a. Enables individuals to interact with others in a social setting.
- b. Encourages team building.
- c. Aids the therapist in diagnosis.
- d. Encourages therapy and self-growth through disclosure and interaction.

59. Group therapy can be advantageous when an individual:

- a. May need to work out their problems in the presence of others (e.g. in the case of emotional problems relating to relationships, feelings of isolation, loneliness and rejection).
- b. May need comfort and support from others.
- c. May acquire therapeutic benefit from observing and watching others.
- d. All of the above.

60. Family therapy is generally used to:

- a. Improve communications between members of the family.
- b. Resolve specific conflicts - for example between adolescents and their parents.
- c. Attempts to understand the family as a social system.
- d. All of the above.

Answer Key

Qn.No	Answer	Qn.No	Answer	Qn.No	Answer
1	D	21	D	41	C
2	B	22	B	42	A
3	B	23	B	43	B
4	C	24	A	44	C
5	B	25	C	45	A
6	B	26	B	46	D
7	B	27	B	47	A
8	D	28	D	48	C
9	B	29	D	49	D
10	C	30	A	50	C
11	D	31	C	51	B
12	B	32	B	52	C
13	B	33	D	53	C
14	C	34	D	54	A
15	D	35	A	55	B
16	D	36	B	56	A

17 B

18 D

19 D

20 D

37 B

38 D

39 D

40 C

57 C

58 D

59 D

60 D

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