

BA PSYCHOLOGY
THIRD SEMESTER [SPECIAL REPEAT]
COUNSELING PSYCHOLOGY
BPY – 303

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. Which is not involved in counseling?
 - a. Change
 - b. Getting emotionally involved
 - c. Facilitation
 - d. Sense of wellbeing
2. Which is not micro- skill of counselling?
 - a. Active listening
 - b. Non verbal behaviour
 - c. Questioning
 - d. Warm welcome
3. is known as "the father of counselling Psychology".
 - a. Carl Rogers
 - b. Abraham Maslow
 - c. Alfred Adler
 - d. Sigmund Freud
4. In counselling is a part of the "art of listening"
 - a. Paraphrasing
 - b. Focusing
 - c. Reflecting
 - d. Crystallize
5. The scientific study of hygiene in relation to health is called hygiology. The term hygiology was 1st used by
 - a. Allen thomson
 - b. Robert SD
 - c. William Aitken Jr
 - d. William Aitken Sr.
6. Decision- making in professional practice and ethical practice:
 - a. Should be considered as separate issue
 - b. Should be left to supervisors and administrator
 - c. Involve very different methodology
 - d. Involves a similar strategy and process
7. The client transfers feelings of others towards the counselors is :
 - a. Integrity
 - b. Transference
 - c. Counter transference
 - d. None of the above
8. According to Psychoanalytic approach ego is the Component of personality.
 - a. Biological
 - b. Sociological
 - c. Emotional
 - d. Psychological
9. The disease pattern which is regularly found among particular people or in certain areas are called disease pattern.
 - a. Endemic Disease
 - b. Pandemic disease
 - c. Epidemic Disease
 - d. Vector Born Disease

10. Which is not involved in Counselling Ethics?
- | | |
|--------------------------------------|---|
| a. Obtain informed consent | b. Provide services in Emergencies |
| c. Expose the person or organization | d. Cooperation with other professional. |
11. Striving for identity and relationship to others is one of the basic themes of literature
- | | |
|------------------------|---------------------|
| a. Humanistic approach | b. Behaviouristic |
| c. Existential | d. Person -centered |
12. In micro-skill at the bottom of the hierarchy are the basic attending skills such as patterns of eye contact, body language, and
- | | |
|-------------------|---------------------------|
| a. Tone of voice. | b. Questioning |
| c. Paraphrasing | d. Reflection of feelings |
13. Keeping suitable distance is a supportive non-verbal behaviour.
- | | |
|-----------------|-------------------|
| a. Social | b. Conversational |
| c. Face to face | d. One meter |
14. Silence can enable the counsellor to collect their, and to process what the client is saying.
- | | |
|--------------------------|----------------|
| a. Emotions | b. Information |
| c. Thoughts and feelings | d. History |
15. There are four Core conditions of counselling. They are Empathy, Positive Regard, Genuineness and
- | | |
|---------------|-----------------|
| a. Silence | b. Concreteness |
| c. Disclosure | d. Immediacy |
16. Counselling process is in which a trained professional helps client to identify sources of difficulties that he/she is experiencing.
- | | |
|--------------------------|---------------------------|
| a. a cooperative process | b. an interactive process |
| c. a directive process | d. a technical process |
17. ----- is a subfield of psychology that specializes in the mental and physical health of individuals in the later stages of life.
- | | |
|---------------------------|---------------------------|
| a. Gerontology psychology | b. Geriatric Psychology |
| c. Geriatric Psychiatry | d. Gerontology Psychiatry |
18. The GROW acronym is a good model when it comes to tools for clients' recovery. The four letters stand for :
- | | |
|---|--|
| a. G - Goal R - Reality O - Options W - Way Forward | b. G- Growth , R- Relax O- opportunity W- Welcome |
| c. G- Guidance R- Rational O- Openness W- withdrawal | d. G- Goal R- Rational O- Option W- way forward. |
19. Psychosocial theories of aging, defined as a focus on social and psychological aspects leading to successful aging. There are three main theories of aging, which one is not among three theories:
- | | |
|-------------------------|-------------------------|
| a. Activity Theory, | b. Continuity Theory |
| c. Discontinuity theory | d. Disengagement Theory |

20. To promote change family therapy has adapted a vast array of techniques. Which one is not the technique of family therapy?
- a. Joining
 - b. Modelling
 - c. Enactment
 - d. Circular questioning

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Define Counselling. Discuss about the history of counselling. 2+8=10
2. When people need counselling? Explain the characteristics of effective counselors. 4+6=10
3. What do you mean by ego defense mechanism? Discuss about the ego defense mechanism in psychoanalytic point of view. 4+6=10
4. Write short notes on (any two): 2×5=10
 - a) Differences between Counselling and psychotherapy
 - b) Existential Approach in counseling
 - c) Systematic Desensitization
5. a) Discuss "accurate empathy and silence" as a micro skill of counselling. 6+4=10
b) "The potency of touch holds the potential for harm as well as healing"- explain
6. What are the ethics that need to follow by counsellors in counselling? Discuss about the counsellor - client relationship in counselling. 5+5=10
7. Define counselling. "Counsellors has to follow the process in counselling"- Explain. 2+8=10
8. a) Discuss about the areas that counsellor has to focus in premarital counselling. 5+5=10
b) The role of counsellors with people suffered from terminal diseases.

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