

1. Which of the following is a technique of cognitive therapy?

- a. Doing homework including disouting irrational thoughts
- b. Overcorrection
- c. Covert sensitization
- d. Timeout

2. Which of the following is a limitation of cognitive DRILL THERAPY?

- a. The approach does not deal with the total person,just explicit behaviour.
- b. The approach is sometimes applied mechanically.
- c. The approach does not consider development stages.
- d. It is not applicable in individuals with psychosis,paranoid conditions and depresslve disorder.

3. Which approach does not comes under system theory?

- a. Browen system
- b. Structural family counseling
- c. Strategic counseling
- d. Reality therapy

4. What of the following is not a brief counseling approach?

- a. Solution focused counseling
- b. Narrative counseling
- c. Crisis counseling
- d. Structural family counseling

5. Behaviour analysis is based upon the principle of ?

- a. Classical conditioning
- b. Operant conditioning
- c. Dream analysis
- d. All of the above

6. Which of the following is not a behaviour therapy technique:

- a. Flooding
- b. Systematic desensitization
- c. Counter conditioning
- d. Counter transference

7. The founder of rational motive behaviour therapy is:-

- a. B.F skinner
- b. Albert ellis
- c. William glasses
- d. Aaron beck

8. Who is the founder of psychoanaly theory?

- a. Albert ellis
- b. B.F skinner
- c. Singmund freud
- d. Judith Beck

9. According to freud's personality consist of how many parts?

- a. 1
- b. 2
- c. 3
- d. 4

10. Adlesian counseling is also known as

- a. Individual psychology
- b. Development psychology
- c. Person centered counselling
- d. None of the above

11. What of the following is not technique of person centered counselling?

- a. Empathy
- b. Unconditional positive regards
- c. Flooding
- d. Congreoence

12. Who defines psychological test as "essentially an object and standardised measure of behaviour"

- a. Dasley(1936)
- b. Anastasi(1982)
- c. Sheeky and Eberly(1985)
- d. Frank Parsons(1909)

13. The opposite of psychometer is _____

- a. Test battery
- b. Inventories

- c. Psychodignostic
- d. Edymetric

14. Advantages of involving test takers in test selection.

- a. Descriptive interpretation
- b. Graph displays
- c. Promotions of independence
- d. Obtain information

15. Closing servers as a remainder that the client has matured

- a. Viclrio(1990)
- b. Sheehy(1976)
- c. Lecubler-Ross(1969)
- d. Young (2017)

16. Way to facilitate the ending of a counselor-client relationship

- a. Termination
- b. Fading
- c. Postinaumatic
- d. Disiclentification

17. Client resistance often results from a feas of change

- a. Shulman(2016)
- b. Cormies(2015)
- c. Ward(1984)
- d. Lernes and Lernes(1983)

18. Group counseling appeals to be a positive resources for support and skill building for adolescents who hav

- a. Marotta & asnea (1999)
- b. Ma.clure(1994)
- c. Choate & manton (2014)
- d. Phyle(2000)

19. Psychotherapy groups sometimes known as

- a. Counseling group
- b. Personality reconstruction group
- c. Task/wor group
- d. Group dynamics

20. _____ are run for preventive and mental health promotion.

- a. Support groups
- b. Psycho educational group
- c. Informal group
- d. Community groups

21. Psychoeducational groups are also known as

- a. Guidance groups
- b. Interpersonal problem-solving groups
- c. Outcome groups
- d. Counseling groups

22. Which of the following is a technique of gestalt therapy?

- a. Exercises
- b. Unbalancing
- c. Intensity
- d. Restructuring

23. Who is the founder of psychoanalysis?

- a. Carl Rogers
- b. Lerner and Lerner
- c. Sigmund Freud
- d. B.F. Skinner

24. Choose from the given options given, which word is defined as 'harm to a client resulting from professional

- a. liability
- b. malpractice
- c. negligence
- d. defamation

25. Among the options given, which stage believe in and abide by the rules of institution for which they work.

- a. societal orientation
- b. institutional orientation
- c. principal orientation
- d. individual orientation

26. Among the option given below, which stage concern for the individual is primary?

- a. institutional orientation

- b. societal orientation
- c. principal orientation
- d. individual orientation

27. Among the options of liability, which liability involves a counselor working with the client in a way the law

- a. cultural liability
- b. criminal liability.
- c. administrative liability
- d. civil liability

28. Which is not the main ethical issue to be resolved during the counselling.

- a. informed consent
- b. confidentiality
- c. coercion
- d. reliability

29. Which model attempts to explain how counselors reason about ethical issues?

- a. liability
- b. heuristics
- c. conscience
- d. societal

30. Which term relates to the tendency to think one's own culture is superior to others.

- a. religious bias
- b. culture bias
- c. ethnicity bias
- d. psychosocial bias

31. On which perspective, mc Fadden model emphasized on, choose from the given options.

- a. transcultural
- b. psychosocial
- c. societal
- d. racial

32. According to mc Fadden model, how many primary dimension he focused on where he said the counselors

- a. six
- b. three
- c. Two
- d. Five

33. Which is not the primary dimension of McFadden model.

- a. cultural historical
- b. psycho social
- c. scientific ideological
- d. Invasion of privacy

34. From the given words, which word is defined as the departure from the acceptable professional standards

- a. defamation
- b. liability
- c. invasion of privacy
- d. negligence

35. From the options given, which of the liability means that the therapist's license to practice is threatened by

- a. civil liability
- b. criminal liability
- c. liability
- d. administrative liability

36. The family model discusses values, which of the value is not included in the model.

- a. responsibility
- b. informed consent
- c. commitment
- d. right to grieve

37. Which group helps orient confused group members to their surroundings?

- a. reminiscing group
- b. topic specific group
- c. demotivation group
- d. reality oriented group

38. Among the given name of the groups, select the name of the group which conduct life reviews focused on

- a. psychotherapy group
- b. reality oriented group
- c. reminiscing group
- d. member specific group

39. A natural and strong desire to correct them, blended with hope amongst parents leads to -----, which

- a. acceptance
- b. depression
- c. privacy

d. bargaining

40. It is has been said that acceptance comes after -----, choose from the given choices and complete

- a. denial
- b. acceptance
- c. depression
- d. bargaining

41. How many types of transference is found in counselling.

- a. six
- b. one
- c. Five
- d. Three

42. Which is not the element in the empathy model.

- a. perceptiveness
- b. know-how
- c. primary
- d. assertiveness

43. Which among the transference is harder to recognize.

- a. plain transference
- b. direct transference
- c. indirect transference
- d. positive transference

44. Among the given names of the transference, which one shows the client accuses the counselor of neglecti

- a. indirect
- b. positive
- c. direct
- d. negative

45. Which type of responses focus on client's feelings.

- a. accurate
- b. affective
- c. behavioral
- d. cognitive

46. Which is not the form of follow up.

- a. privacy
- b. telephone call
- c. letter

d. mail

47. Which goal is directed by either counselor or client, include happiness, perfection and self-actualization.

- a. unfocused goals
- b. uncoordinated goals
- c. unrealistic goals
- d. cultural goals

48. A ----- is a simple mirror response to a client that lets the client know the counselor is actively lis

- a. reflection of feeling
- b. hope
- c. restatement
- d. summary of feelings.

e been arrested for first time misdemeanors offenses

Use from the given words and complete the sentence.

