

**PARUL UNIVERSITY**  
**FACULTY OF ARTS**  
**B.Arts Summer 2022-23 Examination**

**Semester: - 06****Subject Code: - 15105362****Subject Name: - Introduction to Diagnosis and Counseling Skills****Date: 14-03-2023****Time 2:00PM To 4:30PM****Total Marks: 60****Instructions:**

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

**Marks**  
**08**

**Q.1 Do As Directed.**

- 1 Combined treatment involves  
 (A) Medication and Therapy (B) Medication and Surgery  
 (C) Therapy and Surgery (D) Assessment and Diagnosis
- 2 Systematic desensitization was given by  
 (A) Sigmund Freud (B) B.F. Skinner  
 (C) J.B. Watson (D) Joseph Wolpe
- 3 \_\_\_\_\_ is when a client redirects his own feelings towards counselor  
 (A) Transfer (B) Transference  
 (C) Emotional redirection (D) Countertransference
- 4 TAT was developed by  
 (A) Freud (B) Cattell  
 (C) Jung (D) Muray
- 5 Genuineness in counseling is also known as  
 (A) Congruence (B) Sympathy  
 (C) Empathy (D) Understanding
- 6 Which of the following is Freud's concept  
 (A) Flooding (B) Aversion therapy  
 (C) Three core conditions (D) Transference-countertransference
- 7 Which is the best method of collecting information from children during counselling  
 (A) Interviewing (B) Objective questionnaire  
 (C) Observation (D) Subjective questionnaire
- 8 Orientation of a client in counseling is measured through  
 (A) Intake interview (B) Case history  
 (C) MSE (D) Treatment
- 9 .MSE stands for  
 (A) Mental status examination (B) Mental status experiment  
 (C) Mental structure exam (D) Manual structure examination
- 10 Written messages come under which form of communication?  
 (A) Non-Verbal (B) Language  
 (C) Verbal (D) None of the Above
- 11 The action of understanding, being aware of and being sensitive to the feelings and thoughts of other person is known as  
 (A) Sympathy (B) Congruence  
 (C) Empathy (D) Positive regard
- 12 The core condition of counseling was given by  
 (A) Carl Rogers (B) Henry Muray  
 (C) Anna Freus (D) B.F. Skinner
- 13 Which of the following is considered unethical behavior in counseling  
 (A) Personal involvement with client (B) Breach of confidentiality  
 (C) Charging more fees than required (D) All of the above
- 14 Which is the correct process of counseling  
 (A) Intake interview, rapport formation, assessment (B) Rapport formation, assessment, intake interview  
 (C) Intake interview, assessment, rapport formation (D) Rapport formation, intake interview, assessment

- 15 A form of psychotherapy that seeks to help patients identify their values and the skills associated with them  
(A) Narrative therapy (B) Behavior therapy  
(C) Cognitive behavior therapy (D) Family therapy
- 16 Reflective listening is a technique used in which therapy  
(A) Group counseling (B) Cognitive behavior therapy  
(C) Interpersonal therapy (D) Psychodynamic

**B. Terms/ Short Notes/ Case Study/ Charts/ Graphs/ Tables, etc. (Each of 01 mark) (07)**

- 1 Describe flooding
- 2 What is crisis intervention
- 3 Define case history
- 4 What is intake interview?
- 5 Name the three core conditions of counseling.
- 6 Define countertransference
- 7 Write any two importance of career counseling.

**Q.2 Answer the following.**

- 1 What is evidence based therapy? (04)
  - 2 Elaborate the importance of listening skills in counseling (04)
  - 3 Throw light on the issues of diversity in counseling. (04)
- OR**
- 3 Write a note on 'can therapy be harmful' (04)

**Q.3 Answer the following.**

- 1 Describe systematic desensitization in detail. (05)
  - 2 What do you understand by humanistic approach of counseling? (05)
  - 3 Define projective technique of assessment in counseling. (05)
- OR**
- 3 What is therapeutic alliance? (05)

**Q.4 Answer the following.**

- 1 Explain the behavioral approach to counseling. (06)
  - 2 Explain group counseling. (06)
  - 3 Explain the role of counselors in school settings. (06)
- OR**
- 3 Explain psychodynamic approach of counseling. (06)