

PARUL UNIVERSITY
FACULTY OF ARTS
B.A. Summer 2017 – 18 Examination

Semester: IV
Subject Code: 15105253
Subject Name: Counselling Psychology

Date: 17/05/2018
Time: 10:30 am To 1:00 pm
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.

Q.1 Do as directed.**(08)****A. Multiple choice type questions. (Each of 0.5 mark)**

1. Helping people overcome phobias, clients are thought to associate relaxation techniques with fearful stimuli that replace previous learned harmful responses. This method is referred to as?
 - a. Aversion conditioning
 - b. Dream analysis
 - c. Free association
 - d. Systematic Desensitization
2. The founder of rational emotive behavioral therapy was which one of the following people?
 - a. Albert Bandura
 - b. Joseph Wolpe
 - c. Albert Ellis
 - d. Aron beck
3. Each of the following answers (except for one) describes a theoretical assumption of rational emotive behavioral therapy (REBT). Which ONE does NOT describe a theoretical assumption of REBT?
 - a. REBT ascribes to the idea that cognitions or beliefs cause emotions and behavior
 - b. REBT theorists stress the interconnectedness of thinking, feeling, and behaving
 - c. Other people do not make us feel bad or good
 - d. Other people can make us feel bad or good.
4. The A-B-C model stands for which ONE of the following?
 - a. Activating event, Beliefs about the event, Consequences
 - b. Activating belief, Balancing perspective, Consequences
 - c. Acknowledging feelings, Beliefs about origin of feeling, Costs of emotion
 - d. Activating event, Balancing thoughts (pros/cons), Costs of beliefs
5. Conduct of counseling session consists of the following except _____
 - a. Recording and closing session
 - b. identifying the need for counseling
 - c. Discussing the issues
 - d. none of the above
6. Ellis began developing REBT during early _____
 - a. 1940s
 - b. 1950s
 - c. 1960s
 - d. 1970s
7. The approach by Albert Ellis was initially known as
 - a. rational therapy
 - b. rational approach
 - c. rational emotive therapy
 - d. rational emotive approach
8. Roger rejected the deterministic nature of _____ and _____.
 - a. Psychoanalysis and cognitive
 - b. Behaviorism and psychoanalysis
 - c. Cognitive and behaviorism
 - d. None of the above

9. The humanistic perspective was greatly influenced by which of the exceptional psychologist?
 - a. Gardner Murphy
 - b. Fritz Perls
 - c. Abraham Maslow
 - d. All of the Above
10. Which approach is considered as 3rd force in counseling psychology?
 - a. Humanistic Approach
 - b. Behavioral approach
 - c. Cognitive approach
 - d. None of the above
11. Karen decides to go out and party the whole week before her midterm instead of study. She fails her midterm, and tells her parents that she failed it due to being sick and not getting enough sleep. This is an example of what defense mechanism?
 - a. Rationalization
 - b. Sublimation
 - c. Denial
 - d. Repression
12. Instead of taking out his anger on others, Nathan, when he gets really angry, plays the saxophone. This is an example of what defense mechanism?
 - a. Repression
 - b. Sublimation
 - c. Denial
 - d. Reaction formation
13. Jenny blocks her bad memories of high school bullies from her mind. This is an example of what defence mechanism?
 - a. Denial
 - b. Reaction formation
 - c. Projection
 - d. Repression
14. James's favorite uncle passes away from a long battle with illness, but he refuses to believe that it happened. This is an example of what defense mechanism?
 - a. Denial
 - b. Reaction formation
 - c. Sublimation
 - d. Repression
15. Betty is angry with Matt, but eventually she becomes friends and is nice to him. This is an example of what defence mechanism?
 - a. Reaction formation
 - b. Denial
 - c. Rationalization
 - d. Sublimation
16. Tim is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of stealing. This is an example of what defense mechanism?
 - a. Repression
 - b. Reaction formation
 - c. Denial
 - d. Projection

B. Terms/ Short notes/ Case study/ Charts/ Graphs/ Tables, etc. (Each of 01 mark)

(07)

1. Two major names in association with humanistic approach are _____ and _____
2. What is the major difference between humanistic counselors and other therapist?
3. _____ therapy is also known as client centered therapy.
4. Define power test and speed test ?
5. Name 3 personality test.
6. What is the consequence of fixation at oral stage ?
7. Define validity

Q.2 Answer the following.

- A. List down and explain the suggestion for client-centered counselors?
- B. Explain the goals of child counseling?
- C. Briefly describe the Goals of counseling.

(04)

(04)

(04)

OR

C. Mention and explain the characteristic of the good test ? (04)

Q.3 Answer the following.

A. Describe in detail REBT (with history)? (05)

B. Explain behavioral therapy techniques? (05)

C. Explain the importance verbal communication and non verbal communication in counseling skills? (05)

OR

C. Write short note on: (05)

1. Relationship building.

2. In-depth exploration

Q.4 Answer the following

A. Jackie Wolters, a form three girl discovered that she was HIV positive and was contemplating to abandon studies and commit suicide. Using an appropriate theory, help Jackie overcome the problem (06)

B. Need of child counseling and issues addressed by child counseling discuss? (06)

C. Explain the contribution of yoga and meditation? (06)

OR

C. Explain the profession preparation and training for counselling? (06)