

**BA PSYCHOLOGY
FOURTH SEMESTER
COUNSELLING PSYCHOLOGY
BPY – 401**

**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

- Which is involved in counselling:
a. Change and wellbeing
b. Getting emotionally involved
c. Providing Guidance
d. Giving Decision
- Which is not micro- skill of counselling?
a. Active listening
b. Non verbal behaviour
c. Questioning
d. Warm welcome
- is known as "the father of Counselling Psychology".
a. Alfred Adler
b. Abraham Maslow
c. Carl Rogers
d. Jean Piaget
- In counselling is a part of the "art of listening"
a. Paraphrasing
b. Reflecting
c. Focusing
d. Crystallize
- Dreams are symbolic representations of unconscious needs, and
a. Sexual relation
b. Ego
c. Conflict
d. Hysteria
- Approach encourages the client to understand how negative responses of life events lead to psychological discomfort.
a. Psychodynamic
b. Humanistic approach
c. Existential Approach
d. Behaviouristic Approach
- The client transfers feelings of others towards the counsellors is :
a. Integrity
b. Transference
c. Counter transference
d. None of the above
- According to Psychoanalytic approach ego is the..... Component of personality.
a. Biological
b. Sociological
c. Emotional
d. Psychological
- Existential Therapy is a profoundly approach characterized by relatedness, flexibility, and freedom from rigid doctrine.
a. Educational
b. Philosophical
c. Social
d. Psychological

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. Termination is the final stage of counselling and marks the close of the
 - a. Session
 - b. Helping hand
 - c. Support
 - d. Relationship
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. People need counselling when desired growth seems
 - a. Unattainable
 - b. Out of reach
 - c. Problematic
 - d. Challenging
16. Counselling process is a in which a trained professional helps client to identify sources of difficulties that he/she is experiencing.
 - a. an interactive process
 - b. a cooperative process
 - c. a directive process
 - d. a technical process
17. Goal-setting is powerful because it provides focus.
 - a. Focus of the session
 - b. Path of session
 - c. Outcome of session
 - d. Grasp of session
18. The GROW acronym is a good model when it comes to tools for clients' recovery. The four letters stand for :
 - a. G- Guidance R- Rational O- Openness W- withdrawal
 - b. G - Goal R - Reality O - Options W - Way Forward
 - c. G- Growth , R- Relax O- opportunity W- Welcome
 - d. G- Goal R- Rational O- Option W- way forward
19. Ross (2002) asking counselors to look at ethics from a holistic perspective: – body, mind, heart and.....
 - a. Emotion
 - b. Spirit
 - c. Cognitive
 - d. Thinking

20. Receiving consent from client is an important factor of counselling. It should be done in the.....counselling.
- a. In attending stage
 - b. In middle stage
 - c. In all stages
 - d. In last stage

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. Define Counselling. Why People need counselling? Discuss about the micro skills of counselling. 2+1+7=10
2. Define Empathy. Discuss about the types and levels of empathy with suitable example. 2+4+4=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*) 2x5=10
 - a) Differences between counselling and psychotherapy
 - b) Understanding clients as speaker
 - c) Systematic Desensitization
5. What do you mean by counselling skills? Discuss about the different skills of counselling. 6+4= 10
6. What do you mean by ethics? Mention the Ethical Framework in counselling. Discuss about the code of ethics in counselling. 2+4+4=10
7. Define counselling process. "Counsellors has to follow the processes in counselling practice". Explain. 2+8=10
8. What is the role of counsellor's behaviour in counselling? Discuss about the Supportive and non supportive behaviours in counselling. 2+8=10

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