

# Quizzes

1. Return to demonological explanations and practicing 'exorcism' is an important characteristic of which of the following era? Select correct option

- Middle ages

2. Counseling is a profession that aims to: Select correct option:

- Ensure that clients are on the correct medication

3. Schneiders identified how many principles for administering the confidentiality? Select correct option:

- Seven

4. Identify which of the following French psychologist with his associate introduced the first general intelligence test in 1905. Select correct option:

- Alfred Binet

5. Whose book "A mind that found itself" (1908) made a profound impression on an awakening society and on the counseling movement? Select correct option:

- Clifford Beers

6. The term ACA stands for which of the followings? Select correct option:

- American Counseling Association

7. There are few similarities in clients and patients of counseling and psychotherapy, which of the following is not included in those? Select correct option:

- Unprovoked

8. All of these are the certain characteristics of a client-counselor relationship EXCEPT: Select correct option:

- Reduction

9. Counselor develops a relationship with the client, based on which of the following?  
Select correct option:

- **Unconditional positive regard & trust**

10. Which of the following is required for title protection? This requires similar educational and practical experiences. Select correct option:

- **License**

11. Who among the followings conducted the survey with 4800 psychologists, psychiatrists and social workers to understand the beliefs and behaviors of mental health professionals about dual relationships? Select correct option:

- **Borys and Pope**
- Adolph Meyer
- Krumboltz
- Dustin and George

12. In psychotherapy the goal is to change the personality while counseling goal is to \_\_\_\_\_ people to utilize existing resources for coping with life better. Select correct option:

- **Helping**
- Ruling
- Authorizing
- Ignoring

13. Which of the following is required for title protection? This requires similar educational and practical experiences. Select correct option:

- **License**
- Education
- Observation
- Examination

14. Counselor develops a relationship with the client, based on which of the following?  
Select correct option:

- Love & empathy
- **Unconditional positive regard & trust**
- Help & sympathy
- Sympathy & compassion

15. Counseling is aimed at helping people to make choices and \_\_\_\_\_. Select correct option:

- Think about them
- **Act on them**

- Make alternatives
- Find substitutes

16. The term APA stands for which of the followings? Select correct option:

- Australian Pathology Assurance
- **American Psychological Association**
- Age of Patient's Assistance
- American Psychiatry Association

17. Which of the following defined as consistency in values, attitudes, and behaviors on the part of the counselor or therapist? Select correct option:

- Empathy
- Transference
- Counter transference
- **Genuineness**

18. Identify which of the following French psychologist with his associate introduced the first general intelligence test in 1905. Select correct option:

- **Alfred Binet**
- Robert Yerks
- G. Stanley Hall
- John Brewer

19. The National Board for Certified Counselors (NBCC) developed a standardized test and defined \_\_\_\_\_ major areas of knowledge for counselor licensure. Select correct option:

- Nine
- **Eight**
- Five
- Six

20. In 4th century BC, who among the following suggested that the disturbance of four humors in body causes different behavioral problems? Select correct option:

- Plato
- Socrates
- **Hippocrates**
- Aristotle

**QUIZ #2:**

21. Which of the following involves the capacity to be aware of and to receive sounds, whereas listening not only involves receiving sounds, but also, accurately understanding their meaning as much as possible? Select correct option:
- **Hearing**
  - Understanding
  - Sympathy
  - Perception
22. Which gesture of nonverbal communication shows counselor's unconditional positive regard? Select correct option:
- Smile
  - Criticism
  - Heartening
  - Welcoming comments
23. All of these are the certain characteristics of a client-counselor relationship EXCEPT: Select correct option:
- Effectiveness
  - Intensity
  - Growth
  - **Reduction**
24. The pit fall of excessive physical closeness of counselor to the client at outset of treatment can leads to which of the following consequences? Select correct option:
- The client may feel crowded
  - The client may feel overwhelmed
  - The client may misunderstand the behavior as seductiveness by the counselor
  - **All of the given options**
25. "I truly care about what happened to you" is the verbal expression of which of the following? Select correct option:
- **Caring**
  - Confusion
  - Welcome
  - Comfort
26. Which of the following process means helping a client through a third party? Select correct option:
- **Consultation**
  - Referral
  - Evaluation
  - Prevention
27. Reik stated the words "The therapist hears not only what is in the words; he hears what the words do not say." for which of the following concept? Select correct option:
- **Reflect Feelings**
  - Paraphrasing
  - Empathy

- Sympathy
28. In which of the following year American Personnel & Guidance association was formed for vocational, educational and other personnel activities? Select correct option:
- 1852
  - 1866
  - 1952
  - 1946
29. Some people are attracted to counseling profession because it provides opportunities for psychological closeness they find difficult to obtain otherwise. This concept is known as what? Select correct option:
- Seeking intimacy
  - Unresolved Emotional Pain
  - Emotional reaction
  - Inability to express Feelings
30. Schneiders identified how many principles for administering the confidentiality? Select correct option:
- Three
  - Five
  - Seven
  - Nine

## Quizzes before mid

1. Which of the following is required for title protection? This requires similar educational and practical experiences.
- License
  - Education
  - Observation
  - Examination
2. Whose book “A mind that found itself” (1908) made a profound impression on an awakening society and on the counseling movement?
- Anna Reed
  - Adolph Meyer
  - Clifford Beers
  - Eli Weaver
3. The process of submission of information to the concerned authority for getting oneself enrolled as a practicing counselor is known as what?
- Registration
  - Inspection
  - Notification

4. Which of the following person wrote the book “Choosing a Vocation”, in 1909 ?
- Jesse B. Davis
  - Clifford Beers
  - Horace Mann
  - **Frank Parson**

5. Counseling focuses on which of the following?
- Past and present
  - Only present
  - **Present and future**
  - Past only

6. Schneiders identified how many principles for administering the confidentiality?
- 3
  - 5
  - **7**
  - 9

7. Who coined the term community counselor in 1977?
- Gilbert Wrenn
  - **Lewis and Lewis**
  - henry ford
  - Williamson

8. The term \_\_\_\_\_ of ethics usually refers to ethical standards.
- Scale
  - **Code**
  - Patterns
  - Values

9. Identify which of the following French psychologist with his associate introduced the first general intelligence test in 1905.
- **Alfred Binet**
  - Robert Yerks
  - G. Stanley Hall
  - John Brewer

10. There are few similarities in clients and patients of counseling and psychotherapy, which of the following is not included in those?
- Articulate
  - Motivated
  - **Unprovoked**
  - Committed

11. Who among the followings conducted the survey with 4800 psychologists, psychiatrists and social workers to understand the beliefs and behaviors of mental health professionals about dual relationships?

- **Borys and Pope**
- Adolph Meyer
- Krumboltz
- Dustin and George
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12. Which of the following organization developed a standardized test and defined 8 major areas of knowledge?

- National Certification for Counseling Profession
- Northway Organization of Counseling
- British Counseling Association
- **National Board for Certified Counselors**

13. There are few similarities in clients and patients of counseling and psychotherapy, which of the following is not included in those?

- Articulate
- Motivated
- **Unprovoked**
- Committed
- 

14. Which of the following process means helping a client through a third party?

- **Consultation**
- Referral
- Evaluation
- Prevention
- 

15. The joint understanding between the counselor and client regarding the characteristics, conditions, procedures, and parameters of counseling refers to as which of the following?

- Contract
- Initiative
- Setting
- **Structure**
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16. Whose book “A mind that found itself” (1908) made a profound impression on an awakening society and on the counseling movement?

- Anna Reed
- Adolph Meyer
- **Clifford Beers**
- Eli Weaver
- 

17. Which of the following field focuses on present as well as future?

- **Counseling**
- Psychotherapy
- Neurology
- Neurophysiology

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18. Who coined the term community counselor in 1977?

- Gilbert Wrenn
- **Lewis and Lewis**
- Henry Ford
- Williamson

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19. Counseling is a profession that aims to:

- **Promote personal growth and productivity**
- Provide a successful diagnosis in psychopathology
- Ensure that clients are on the correct medication
- Solely address behavior

20. Identify which of the following psychologist with his associates introduced the first general intelligence test in 1905

- **Alfred Binet**
- Robert Yerks
- G. Stanley Hall
- John Brewer

1. The credentials involve which of the following:

- Registration
- Certification
- Licensure
- **All of the given options**

2. Which of the following organization developed a standardized test and defined 8 major areas of knowledge?

- National Certification for Counseling Profession
- Northway Organization of Counseling
- British Counseling Association
- **National Board for Certified Counselors**

3. The Client centered approach identified some concepts for therapeutic change. Identify which of the following is not one of them?

- Empathy
- Positive regard
- Genuineness
- **Token economy**

4. The process of submission of information to the concerned authority for getting oneself enrolled as a practicing counselor is known as what?

- **Registration**

- Inspection
  - Notification
  - Licensure
5. Among the followings, which is NOT a requirement of Effective Counseling?
    - Training and skills
    - Certain personality traits
    - Counseling with suffer from credibility unless counselor exhibits core traits
    - **Marital status of the counselor**
  6. Identify the one who was the impetus for the mental health movement in the United States and his work was a forerunner of mental health counselling?
    - **Beers**
    - Perts
    - Eli Weaer
    - Parson
  7. Schneiders identified how many priciples for admisinitering the confidentiality?
    - Three
    - Five
    - **Seven**
    - Nine
  8. Frank Parsons is known as the father of which of the following field?
    - **Guidance**
    - Sports
    - Clinical assurance
    - Counseling
  9. Counseling has emerged and developed largely as an American product in which of the following century?
    - 19<sup>th</sup> century
    - **20<sup>th</sup> century**
    - End of 20<sup>th</sup> century
    - Beginning of 19<sup>th</sup> century
  10. Striving for perfection, Excessive need for approval and ruminating about cases, all are the common individual \_\_\_\_\_.
    - **Stressors**
    - Responsibilities
    - Duties
    - Contractual obligation
  11. Which of the following means provide clients with specific data on how they are seen by the counslor or by others?
    - **Feedbak**
    - Self-disclosure
    - Counter-transference
    - Advice

12. Paraphrasing must be decided upon some goals. Which of the following is not one of them?
- Clarify
  - Highlight
  - Double-check
  - **Assumption**
13. Which of the following involves the capacity to be aware of and receive sounds, whereas listening not only involves receiving sounds, but also, accurately understanding their meaning as much as possible?
- **Hearing**
  - Understanding
  - Sympathy
  - Perception
14. Identify other form of empathy excluding advanced empathy.
- **Primary**
  - Latent
  - Professional
  - Realistic
15. Which of the following can be considered as listening and understanding skills?
- Opening remarks
  - Open questions
  - Paraphrasing
  - **All of the given options**
16. If a counselor constantly complains about disliking his/her practice or feeling overwhelmed. This kind of condition is referred as what?
- **Burnout**
  - Aggressiveness
  - Uniformity
  - Depression
17. The interpretation of leaning forward could be:
- **Attentiveness, interest**
  - Withdrawal, Rejection
  - Relaxation or comfort
  - Nervousness, bad habit
18. Identify which one of the following is the verbal expression of Empathy?
- **What a frightening experience**
  - At that difficult you should take some actions
  - Why you became lazy at that time
  - It was not the big deal
19. All of the following are the example of different micro skills EXCEPT:
- Attending skills
  - Focus and selective attention
  - Influencing skills

- Confidentiality
20. Which of the following is Not a close ended question?
- Do you like your mother?
  - Do you have a best friend?
  - Is your apartment new?
21. The pitfall of which of the following type of question is that the counselor may set the stage for an interrogation?
- Controlling or Intrusive questions
  - Open ended questions
  - Suggestive questions
  - Assumptive questions
22. Specific behaviors that may result from excessive counselor's anxiety include all the followings EXCEPT:
- Asking too many questions
  - Offering superficial reassurance
  - Being too directive telling clients how to behave
  - Soften Facial Expressions
23. Which of the following is not a type of influencing skills?
- Self-disclosure
  - feedback
  - Directive
  - Clos questioning
24. Which of the following is not one of the Basic Listening Sequences?
- Closed questions
  - Encouragement
  - Paraphrasing
  - Logical consequences
25. The pit fall of excessive physical closeness of counselor to the client at outset of treatment can leads to which of the following consequences?
- The client may feel crowded
  - The client may feel overwhelmed
  - The client may misunderstand the behavior as seductiveness by the counselor
  - All of given
26. There are many dimensions of competence, which of the following is not one of them?
- 6:19 AM
- Keep well studied
  - Learning from supervisor
  - Professional integrity
  - Economical growth
27. If a counselor constantly complains about disliking his/her practice or feeling overwhelmed. This kind of condition is referred as what?

- **Burnout**
  - Aggressiveness
  - Uniformity
  - Depression
28. which of the following is not one of the mild feelings of fear?
- Apprehensive
  - tense
  - Uneasy
  - teriifie
29. “I truly care about what happened to you” is the verbal expression of which of the following?
- **Caring**
  - Confusion
  - welcome
  - comfort

## **Quizzes after mid**

1. Identify in which process or therapeutic setting patient is asked to lie on a couch and the therapist sits behind the client then the patient is asked to give running account of his thought pattern uninterrupted without social censoring it.
  - **Free association**
  - Dream analysis
  - Analysis of joke, humor and literature
  - Analysis of slip of tongue and pen
2. Which of the following is an invitation to the client to look more closely at behavior that is not working or interfering with growth, change, or healthy functioning?
  - Resistance
  - Immediacy
  - Self-disclosure
  - **Confrontation**
3. In counseling practice, a client may seem to develop feelings for the counselor that are really directed towards important figures in the client’s life. What is this called?
  - **Transference**
  - Regression
  - Free association
  - Catharsis
4. Which of the following is NOT one of the type of group?
  - **Latent groups**

- Psycho-educational groups
  - Psychotherapy groups
  - Task/Work groups
5. All of the following are the techniques use in Reality therapy EXCEPT:
    - Positiveness
    - Employing humor
    - **Analysis of joke and humor**
    - Feedback
  6. According to the Reality therapy, there are two critical periods in children's lives. Those are:
    - Between birth-10 years
    - Between 1-2 and between 10-15 years
    - **Between 2-5 and between 5-10 years**
    - Between 5-6 and between 8-10 years
  7. J. L. Moreno introduced which of the following?
    - **Psychodrama**
    - Transactional Analysis
    - Electric shock therapy
    - Aversive therapy
  8. In the WDEP System E stands for what?
    - Encouragement
    - Self-enthusiasm
    - **Self-Evaluation**
    - Environment
  9. In the WDEP System P stands for what?
    - Practice
    - Possibility
    - **Planning**
    - Personality
  10. On rating of theory strength at three group level, Freud's theory is \_\_\_\_\_ on individual level.
    - **Strong**
    - Medium
    - Moderate
    - Weak
  11. Which therapy uses real physical pain in order to change behavior?
    - Operant conditioning
    - Systematic Desensitization
    - Psychoanalysis
    - **Aversive conditioning (Not confirm)**
  12. Skinners used which of the following technique that means start reinforcing a behavior that is the first toward final behavior and then gradually reinforce successively closer approximations to the final behavior.

- Shaping
  - Assertion
  - Modeling
  - Aversive
13. If reinforcement is withheld the response rate of the child declines and finally no response is shown by the child, this will be an example of which of the following?
- Reward
  - Shaping
  - Extinction
  - Acquisition

## Midterm subjective

### June 3, 2016

18. What is the purpose of 'Summarizing skills' 3 marks
19. What is meant by synchrony? 3 marks
20. Briefly describe about informed consent 3 marks
21. How counselors realize that he/ she has reached burnout? 5 marks
22. What is meant by challenging to speak for self? Give example 5 marks

### December 24, 2016

23. Enlist three characteristic of the responsible counselor? 3
24. Enlist four steps counter transference and describe briefly? 5
25. Which relationship of counselor is consider unethical according to ethical codes?  
5
26. Nonverbal expression and verbalization (statement) warmth, patient, empathy 3
27. Give two examples of suggestive question? 3

### December 24, 2013

28. What is resistance? How do u define it?
  29. Enlist any three personal characteristics that you'll focus on to become an effective counselor.
  30. Enlist any three non-verbal cues that help counselors understand the client's point of view.
  31. Illustrate (?) the seven dimensions of micro skills for focus. Explain any two (don't remember the question correctly)
  32. How important is the body language and movement in counseling? How will the inappropriate movement affect the client?
33. What is meant by Advertising and Soliciting Clients? Briefly explain.

34. Attending nonverbal communication is an excellent means of gaining a clearer understanding of clients. Enlist any three eye movements and their possible interpretation.
35. Explain any two of the basic types of influencing skills.
36. How important body language and movement is in counseling practice? If it is not appropriate, in which sense it can apply impression on the client?
37. Ali was playing football; during play his playmates action irritated him and he started fighting, all his playmates created reconciliation between both of them but Ali was so angry and annoyed that he was unable to control his anger. Being a student of psychology, enlist the categories of anger from mild to intense.

## **Final Term subjective**

### **March 7, 2014**

1. Write down the names of the three ego states in the Transactional Analysis (3)
2. What do you know about the Striving for Superiority? Who gave this concept? What is the influence of this on the behavior? (5 marks)
3. Write a brief note on Aptitude tests. (3)
4. Write a brief note on Marriage counseling. (3)
5. How can you use 'Social Learning Theory' in marriage and family counseling? (5)
6. I guess there was one about TA and its four stages (5)
7. What are the goals of Adlerian Individual Psychology (therapy)? (3)

### **August 18, 2017**

8. Freudian Therapy weaknesses
9. Short note on gestalt therapy
10. Positive vs. negative reinforcement
11. Community counseling in Pakistan
12. Adlerian therapy in Pakistan
13. Two techniques of gestalt
14. Scenario which include positive reinforcement
15. What clients feel on loud voice of counselor?

### **August 31, 2015**

16. Counselor must be patient and expert listener " elaborate this statement.
17. Write three steps information of group.
18. Who developed the first counseling therapy? Write name of that therapy and its nature?
19. In REBT according to ABC model there are three systems. Write the names of these systems?
20. Define reality therapy and who proposed this therapy?
21. Fritz Perls developed his own therapy. Write the name of his therapy and what motivated him to develop this therapy?

22. Define types of counseling groups?
23. Write the name of the technique in which reward is given to the client or patient to behave in desired manner? How this technique can be used in practical life?
24. Differentiate between implosion and flooding with life examples?
25. One question was about interpretation in interview? i have not remember correctly.

### **August 28, 2015**

26. Describe follow-up session? How to conduct follow up session by the counselor? (5)
27. Define the causes of human difficulties regard with Gestalt therapy? (5)
28. Critically evaluate the strengths of Gestalt therapy? (3)
29. What do u mean by the word group? Describe group theory as well.
30. Describe implosion and flooding technique? (5)
31. Define 3 applications of existential therapy? (3)
32. A scenario related to the teaching and disputations techniques in the RET? (5)

### **March 7, 2016**

33. Who is Neo-Freudians?
34. Role of Therapist in client Centered Approach
35. What is Operant Conditioning? How we use in it everyday life?
36. What is Double Blind?
37. Explain Implosive and Flooding.
38. You are a counselor and a boy comes to you for his problem with his parents. How you manage it with the help of Strategic family counseling?
39. Write three factors affecting the Marriage and family counseling.
40. Explain Displacement and projection of use in defense mechanism.
41. Describe the contribution of Rollo May in the Existential Therapy.
42. What is Aptitude Test?
43. Strong in 1968 identifies three qualities of counselors. Mention those qualities.
44. Karen Horney described three categories or styles with which neurotic people interact with each other's. Name and briefly describe those three categories.
45. With the reference to ABC model of REBT, the emotional and behavioral responses are the cause of which system. Name the system.
46. Write a note on marriage counseling.
47. What is university counseling and how it can help the students? How can we apply the principles of counseling in university counseling?
48. How many interview stages are there? Explain them.
49. Write a note on school counseling.
50. In which technique the patient/client is rewarded practically. Name the technique. How we can use that technique in our daily lives?
51. What are the differences between client and the counselor?
52. What issues can a counselor face in group counseling?