

**BA PSYCHOLOGY  
THIRD SEMESTER [REPEAT]  
COUNSELING PSYCHOLOGY  
BPY – 303**

**[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 not involve in counseling?
  - Change
  - Getting emotionally involved
  - Facilitation
  - Sense of wellbeing
- Counselling is a \_\_\_\_\_ relationship between a trained counsellor and a client.
  - Professional
  - Individual
  - Personal
  - Interpersonal
- \_\_\_\_\_ is known as "the father of counselling Psychology".
  - Alfred Adler
  - Watson
  - Carl Rogers
  - Sigmund Freud
- In counseling \_\_\_\_\_ is a part of the "art of listening"
  - Paraphrasing
  - Summarization
  - Reflecting
  - Crystallize
- Hygiology means on preventative health, nutrition and \_\_\_\_\_ as much as medical treatment from clinical physicians.
  - Homeopathy
  - Allopathic
  - Naturopathy
  - Ayurveda
- Goal setting is a counselling process. The GROW acronym is a good model when it comes to tools for recovery, Find out the correct one of the GROW acronym.
  - Goal Reality Openness Way Forward
  - Good Reality Options Way Forward
  - Goal Rationality Options Way Forward
  - Goal Reality Options Way Forward
- The client transfers feelings of others towards the counselors is :
  - Integrity
  - Transference
  - Counter transference
  - None of the above
- According to Psychoanalytic approach ego is the \_\_\_\_\_ Component of personality.
  - Biological
  - Sociological
  - Emotional
  - Psychological
- The disease pattern which is regularly found among particular people or in certain areas are called \_\_\_\_\_ disease pattern.
  - Endemic Diseases
  - Pandemic diseases
  - Epidemic Diseases
  - Vector Born Diseases

10. Ross (2002) asking counselors to look at ethics from a holistic perspective. Which one perspective is not under those 4 perspectives
- Mind
  - Body
  - Thought
  - Spirit
11. Systematic Desensitization process is a part of \_\_\_\_\_ therapy
- Humanistic approach
  - Behaviouristic approach
  - Cognitive approach
  - Person -centered approach
12. \_\_\_\_\_ goal of counselling is the aim to developing good social interaction skills, learning emotional control, developing a positive self-concept etc.
- Development goal
  - Psychological goal:
  - Enhancement goal
  - Physiological goal
13. Keeping suitable \_\_\_\_\_ distance is a supportive non-verbal behaviour.
- Social
  - 3-4 feet
  - Face to face
  - Conversational
14. In counseling \_\_\_\_\_ means a sense of having a connection with the person.
- Empathy
  - Reflection
  - Rapport
  - Congruency
15. There are four Core conditions of counselling. Which one is not the core condition of counseling?
- Empathy
  - Concreteness
  - Positive Regards
  - Immediacy
16. The full form of CBT is.....
- Cognitive Based Therapy
  - Cognitive Behaviour Therapy
  - Cognitive Behaviour Technique
  - Counselling Behavior Therapy
17. \_\_\_\_\_ is a subfield of psychology that specializes in the mental and physical health of individuals in the later stages of life.
- Gerontology psychology
  - Geriatric Psychology
  - Geriatric Psychiatry
  - Gerontology Psychiatry
18. The SOLER acronym indicates the counsellor's non-verbal behaviour. Find out the correct one form of the acronym.
- Sit quietly Open posture Lean towards the client Eye contact Relax
  - Sit squarely Open posture Lean towards Eye contact Referral
  - Sit squarely Openness Lying towards the client Eye contact Relax
  - Sit squarely Open posture Lean towards the client Eye contact Relax
19. Psychosocial theories of aging, defined as a focus on social and psychological aspects leading to successful aging. There are three main theories of aging, which one is among the three theories:
- Aging Theory,
  - Continuity Theory
  - Discontinuity theory
  - Engagement Theory
20. Terminal disease counselling is important as the disease is associated with ....
- Pain of the infected person
  - Emotions of the infected person
  - Death of the infected person
  - Emotion of infected and affected people

**( Descriptive )**

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. Define Counselling. Discuss about the Goal of counselling. 2+8=10
2. When people need counselling? Explain the qualities of an effective counsellor. 4+6=10
3. What do you mean by defense mechanism? Discuss about the ego defense mechanism in psychoanalytic point of view. 4+6=10
4. Write short notes on ( *Any two*) 5×2=10
  - a) Premarital Counselling
  - b) HIV/AIDS counselling as a terminal disease counselling.
  - c) The impact of touch for harm as well as healing in counselling
5. Mention the micro-skills in counselling. Write in details about the counsellor's verbal and nonverbal behaviour. 3+2+5=10
6. Discuss about the Behaviouristic approach in counselling. What do you mean by systematic desensitization? Explain the steps. 5+5=10
7. Define counselling process. Discuss goal setting and termination as a Counselling process. 2+8=10
8. What do you mean by terminal diseases? Why terminal disease counselling is important? Discuss about the counselling with cancer infected and affected people with suitable management. 2+3+5=10

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