

INSTITUTE FOR EXCELLENCE IN HIGHER EDUCATION, BHOPAL

DEPARTMENT OF PSYCHOLOGY

QUESTION BANK ON VOCATIONAL COURSE (NEP)

COUNSELLING AND PSYCHOTHERAPY (Vth Semester)

02nd September 2023



Under the aegis of Vocational Cell (NEP)

Institute for Excellence in Higher Education, Bhopal
Department of Psychology
Workshop Question on 2nd September 2023 for B.A. V semester Vocational course
Paper (NEP)

Counselling And Psychotherapy

The department of Psychology organized one day workshop in Hybrid mode on preparation of Question Bank for B.A.V Sem. Vocational course, counseling Psychology and Psychotherapy on 02/09/2023 Mr. Santosh Ravalaniya, HOD and Assistant Professor (Psychology), Sarojini Naidu Girls P.G. (Autonomous) college, Bhopal, attended in person and Dr. Reena Singh Rajput, Counselor and Assistant professor, Jagran Lake City University, Bhopal participated online as resource person and 62 multiple choice questions as well as 20 short and Long questions were prepared. Thus, total 104 questions were prepared.

Dr. Anupam Shukla, Dr. Rachna Singh Thakur, Mrs. Anamika Kujur, Dr. Reshma Qureshi, Dr Farida Husaini, Mr. Akshat Singh contributed in the bank.



Department of Psychology
Organises

QUESTION BANK WORKSHOP (HYBRID MODE)

For vocational paper 5th semester -
Counselling and Psychotherapy

Under the aegis of vocational course cell
(NEP2020), IEHE Bhopal.

SATURDAY

2 September 2023

TIME

01.00-05.00 pm

**DR. RUCHIRA
CHOUDHARY**

Nodal officer
vocational
course 2020

**DR. ANUPAM
SHUKLA**

Professor and Head
Department of
Psychology

**DR. PRAGYESH
AGRAWAL**

Director, IEHE Bhopal

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Workshop on Question Bank Preparation for Vocational Courses in Psychology Department

Organized by Department of Psychology on
02nd September 2023

Members:

1. **Dr. Reena Singh Rajput (Subject Expert)**
Counselor, Disha Bhopal
Associated Professor in Department of Psychology
Jagran Lake University, Bhopal
2. **Dr. Santosh Ravalaniya (Subject Expert)**
Assistant Professor and HOD
Department of Psychology
Sarojini Naidu Girls PG College, Bhopal
3. **Mrs. Anamika Kujur (Organizing Member)**
Assistant Professor
Department of Psychology
IEHE, Bhopal
4. **Dr. Rachana Singh Thakur (Organizing Member)**
Assistant Professor
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5. **Dr. Reshma Qureshi (Committee Member)**
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6. **Dr. Farida Husaini (Committee Member)**
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7. **Mr Akshat Singh (Committee Member)**
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Dr. Pragyesh. Kumar.
Agrawal
Director, IEHE, Bhopal

Dr. Ruchira Chaudhary
Nodal Officer, Vocational
Cell (NEP)

Dr. Anupam Shukla
HOD, Department of
Psychology, IEHE, Bhopal

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Question Bank

1. Therapy that focuses more on thought in affecting behaviour:

- (A) Behavioral therapy
- (B) Cognitive therapy
- (C) Behavioral modification.
- (D) Existential therapy

Answer B

2. Beck's Cognitive therapy for depression requires:

- (A) Objective assessment of beliefs
- (B) Dream diary
- (C) Mood diary
- (D) Set attainable life goal

Answer A

3. Cognitive Behavioural Therapy is generally perceived as:

- (A) Phenomenological
- (B) Psychodynamic
- (C) Humanistic
- (D) Evidence-based

Answer D

4. Functional analysis is a therapy based on:

- (A) Classical conditioning
- (B) Humanistic principles
- (C) Operant conditioning
- (D) Psychodynamic principles

Answer C

5. Token Economy is an influential intervention based upon:

- (A) Classical conditioning
- (B) Implicit learning
- (C) Operant conditioning

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(D) Client centred therapy

Answer C

6. Monoamine oxidase inhibitors (MAOIs) are effective for the treatment of:

(A) Schizophrenia

(B) Major depression

(C) Obsessive compulsive disorder

(D) Generalized anxiety disorder

Answer B

7. Acquiring psychological disorders through faulty learning involves:

(A) Poor school attendance

(B) Low self esteem.

(C) Aversive stimuli

(D) All of the above

Answer D

8. Empathy involves:

(A) Feeling sorry for someone.

(B) Putting others before yourself.

(C) Putting yourself in someone else's shoes.

(D) Putting yourself before others.

Answer C

9. Dream analysis is one of the central tenets of:

(A) Psychoanalytical Therapy

(B) Cognitive behaviour therapy.

(C) Humanistic therapy.

(D) Client centred therapy

Answer A

10. Systematic desensitization is based on:

(A) Operant conditioning

(B) Aversive Conditioning

(C) Counter conditioning

(D) Observational learning

Answer C

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11. The principle of extinction assumes that emotional problems can be:

- (A) Unlearned
- (B) Removed from your mental lexicon.
- (C) Derived from childhood experiences.
- (D) Become prehistoric.

Answer A

12. Which of the following is not a Behaviour Therapy technique?

- (A) Flooding.
- (B) Counter transference.
- (C) Counterconditioning.
- (D) Systematic desensitisation.

Answer B

13. It is generally considered that Cognitive behavioural therapy changes:

- (A) Thought processes
- (B) Behaviour
- (C) Thoughts and behaviour
- (D) Mood states

Answer C

14. The central tenets of client centered therapy are:

- (A) Empathy
- (B) Unconditional positive regard
- (C) Congruence
- (D) All of the above

Answer D

15. Client centred therapy is a type of:

- (A) Humanistic therapy.
- (B) Psychodynamic therapy.
- (C) Cognitive therapy.
- (D) Behavioural therapy.

Answer A

16. Drugs called Benzodiazepines are used to treat:

- (A) Depression.

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(B) Anxiety disorders.

(C) Schizophrenia.

(D) Mood disorders.

Answer B

17. Behaviour modification is a type of:

(A) Behaviour therapy.

(B) Cognitive behavioural therapy.

(C) Humanistic therapy.

(D) Client centred therapy.

Answer A

18. Central to existentialism is:

(A) Taking responsibility for the past

(B) Taking responsibility for others' lives

(C) Taking responsibility for one's life

(D) Taking responsibility for having instinctual urges

Answer C

19. The main goal of existential therapy is:

(A) Being-for-oneself

(B) Authenticity

(C) Being-with-others

(D) Existence

Answer B

20. Which one is not the key figure in Existential Psychotherapy?

(A) Alfred Adler

(B) Viktor Frankl

(C) Irvin Yalom

(D) Rollo May

Answer A

21. Who first described defence mechanisms?

(A) Anna Freud

(B) Carl Jung

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- (C) Sigmund Freud
- (D) Abraham Maslow

Answer C

22. Defence mechanism is.....

- (A) Conscious responses that protect people from anxiety
- (B) Unconscious responses that protect people from anxiety
- (C) Conscious responses that cause anxiety
- (D) Unconscious responses that cause anxiety

Answer B

23. Logo therapy is given by:

- (A) Victor Frankl
- (B) Sigmund Freud
- (C) Carl Jung
- (D) Alfred Adler

Answer A

24. Victor Frankl defines logo therapy.....

- (A) As a theory of meaning
- (B) As a theory of ability
- (C) As a theory of psycho-sexual frustration
- (D) As a theory of cognition

Answer A

25. Who gave the concept of “Collective unconscious”?

- (A) Sigmund Freud
- (B) Carl Jung
- (C) Karen Horney
- (D) Rollo May

Answer B

26. Who gave the importance to ‘Birth order’ in Personality development?

- (A) Martin Seligman
- (B) Carl Jung
- (C) Anna Freud

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(D) Alfred Adler

Answer D

27. Dr. Sinha attends to emotionally disturbed students. Which service is being provided by Dr. Sinha ?

(A) Inventory service

(B) Information service

(C) Placement service

(D) Counselling service

Answer D

28. Ankita is confused about her career plan whether to go for teaching or for banking. How will you help her?

(A) Tell her to choose a course that is closer to her heart.

(B) Tell her to take an aptitude test to know about her strengths.

(C) Tell her that you are a model in teaching.

(D) Talk to her friend

Answer B

29. What is the best definition of a "Career"?

(A) A bunch of jobs a person had

(B) A list of education and skills

(C) A person's path through learning, work & other experiences.

(D) A summary of work experiences

Answer C

30. Skills that indicate a person's ability to work with others

(A) Hard Skills

(B) Technical skills

(C) Soft skills

(D) Occupational skills

Answer C

31. Something you love to do:

(A) Skill

(B) Talent

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(C) Passion

(D) Effort

Answer C

32. A career path is...

(A) Comprised of a sequence of jobs that make up a career plan

(B) Sometimes part of the employee learning process

(C) Not always a straight line up the career ladder.

(D) all are correct statements

Answer D

33. Factors which affect a child's physical growth and development are:

(A) Environment

(B) Heredity

(C) Neither

(D) Both environment and heredity

Answer D

34. In a class, there are children who usually get out of the social circle. How do you describe these children?

(A) Aggressive type

(B) Friendly type

(C) Quarrelsome type

(D) Shy type

Answer D

35. Priyanka has the above-average mental ability, but she is poorly motivated in class. That is why she has low grades in her academic performance. Is she?

(A) Slow learner

(B) Superior

(C) Under-achiever

(D) Over-achiever

Answer C

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36. In family therapy, the therapist must attend to all of the following EXCEPT:

- (A) Each member of the family as an isolated individual
- (B) Each member of the family in interaction with each family member
- (C) Subgroups within the family in interaction with each other
- (D) The family as a whole

Answer A

37. Which of the following term is used to identify the system which is the target of attention?

- (A) The focal system
- (B) The supra system
- (C) The subsystem
- (D) The individual system

Answer A (Directive, Non- Directive, Elective Counselling)

38. Which is **not** a characteristic of counseling?

- A. Environment building
- B. Opportunity for free expression
- C. Counselor's involvement
- D. Decision taken by Counselor

Answer D

39. The number of types of counselling is

- A. 3
- B. 2
- C. 1
- D. 5

Answer A

40. Which of the statement is true-

- A. Guidance means instruction
- B. Guidance can't be individual and group
- C. Counselling can't be given collectively
- D. Guidance is given only to weak student

Answer A

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41. The ACA Code of Ethics year (2014) contains how many sections-

- A. 8
- B. 7
- C. 9
- D. 5

Answer C

42. The ACA Code of Ethics contains some sections which one does not belong to-

- A. Evaluation, assessment and interpretation
- B. Supervision ,training and teaching
- C. Distance counseling , technology and social media
- D. Expression and presentation

Answer D

43. "Guidance is not giving directions". Whose statement is this?

- A. Crow and Crow
- B. Jones
- C. Wood
- D. none of these

Answer A

44. The main objective of guidance is:

- A. All round development of the student
- B. mental development of the student
- C. physical development of the student
- D. Emotional development of the student

Answer A

45. The advice or information or knowledge provided by a person of experience to solve a problem is called:

- A. Guidance
- B. Counselling
- C. Advice
- D. both A and B

Answer A

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46. The main aim of counselling is:

- A. Psychological development of the client
- B. Self direction
- C. both A and B
- D. None of the above

Answer B

47. Which services are essential for organizing a school guidance programme are-

- A. information, knowledge, guidance and follow up
- B. Knowledge, Information, Counselling and Follow up
- C. Information , Testing, Counselling, Follow up
- D. Information , Testing, Guidance, Follow up

Answer C

48. Test which does not require reading or writing skills-

- A. Attitude
- B. Intelligence
- C. Performance test
- D. None of the above

Answer C

49. Main technique of counselling is-

- A. Rating scale
- B. Interview
- C. Sociometry
- D. None of the above

Answer B

50. Fundamental assumptions of counselling are:

- A. Person who feel the problems can seek counselling
- B. Everyone in this world is capable of taking responsibilities of one-self.
- C. Counselling is beneficial only when the person select it on expert advice.
- D. None of the above

Answer B

51. Useful information in counseling process is provided by-

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- A. Family
- B. School
- C. Peer group
- D. All of the above

Answer D

52. The inherited factors that contribute to a person's achievement-

- A. Temperament
- B. Sensitivity
- C. Genetic character
- D. All of the above

Answer D

53. Stages involved in directive counselling are:

- A. Analysis, Diagnosis, Prognosis, Follow up
- B. Analysis, diagnosis, Synthesis, Prognosis,
- C. self exploration, Analysis, diagnosis, counselling
- D. Analysis, Synthesis, Diagnosis, Prognosis, Counselling

Answer D

55. Non-directive counselling is given by-

- A. Meyers
- B. Rogers
- C. Jones
- D. None of above

Answer B

56. Guidance can be called a process because

- A. One defines problems, identifies choices, sets goals and makes plans to reach that goal
- B. it helps every individual
- C. it is a continuous process
- D. it is a voluntary process

Answer A

57. E.G. Williamson was the chief proponent of

- A. Directive Counselling
- B. Non-directive Counselling

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- C. Eclectic Counselling
- D. Directive and Non-directive Counselling

Answer C

58. The one who seeks help in a counselling is called the

- A. Counsellor
- B. Counselee
- C. Consultant
- D. Patient

Answer B

59. The one who provides help in a counselling is called the

- A. Counsellor
- B. Counselle
- C. Therapist
- D. Consultant

Answer A

60. In India, the data regarding substance abuse is collected by the -----

- A. National Institute of Social Defence (NISD)
- B. United Nation Children's Fund (UNICEF)
- C. World Health Organisation (WHO)
- D. Protection of Children from Sexual Offence (POCSO)

Answer A

61. Dr. Ellis's ABCDE Model stands for:

- A. Activating event, Belief, Consequences, Disputing ,Effect or Effective Philosophy
- B. Action, Belief, Consequences, Disputing ,Effect
- C. Activating event, Brain teaser, Consequences, Disputing ,Effect
- D. Activating event, Belief, Care taking, Disputing ,Effect

Answer A

62. Which is not a characteristics of counseling?

- A. Environment building
- B. Opportunity for free expression
- C. Counselor's involvement
- D. Decision taken by counselor

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Answer D

Vocational Course Paper 'Counselling and Psychotherapy' Long questions.

Qus 1. Briefly describe the technique of Behavior modification with examples. S

Qus 2. Write a short note on: S

- a. Positive reinforcement
- b. Paradoxical intention

Qus. 3 Compare Client Centered approach and CBT. L

Qus. 4 Elaborate the steps of Cognitive Behaviour Technique. L

Qus. 5. Present your view on the statement by Victor Frankl "People today have means to live but no meaning to live for." L

Qus. 6 a. Suggest few activities for finding meaning in life under the head of being Creative? L

b. Describe experiential situation by being in the present and maintain positive attitude. L

Qus. 7 Explain in detail the different techniques of Gestalt therapy. L

Qus. 8 How Pre-marital counseling can help to refrain divorce cases in India, Discuss. L

Qus.9 A 4 year child lost her father, she was very close to him. She miss her father a lot and deny listening to any instruction of her mother. Suggest the steps of counseling for helping her mother to deal with the child. L

Qus. 10 a) Elaborate on the stages of career development.

B) Which age is most appropriate to discuss with students about career and career options?

Qus.11 Illustrate RIASEC of John Holland.

Qus.12 Explain Super's theory on Life Span approach for career development in Indian context.

Qus.13 Elaborate the psychoanalytical theory from Indian perspective.

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Qus. 14 Differentiate meditation from thinking with respect to mindfulness.

Qus. 15 Define Pran and Pranayam .

Qus.16 Discuss the role of yoga in emotional awareness and its regulation?

Qus. 17 Explain any four limbs from ashtangyoga , and discuss the significance of them to bring successful and healthy life.

Qus. 18 What is the impact of meditation on one's life to face the daily challenges more effectively?

Qus.19 Elaborate on the core components of assertive training.

Qus. 20 Define psychotherapy and discuss its history in brief.

Qus. 21 Describe immediate and ultimate goals of Counselling

Vocational Course Paper 'Counselling and Psychotherapy' Short questions.

Qus. 22 Differentiate between counseling and guidance

Qus. 23 Differentiate between counseling and Psychotherapy

Qus. 24 Write objective of counseling Psychology

Qus. 25 Write importance of group counseling

Qus. 26 Write types of group counseling

Qus. 27 Write types of Family counseling