

MCSC//Humanities//TYBSC//92014//Understanding Counseling Process//2013

Questions	Option 1	Option 2	Option 3	Option 4
What is the aim of professional counselling?	Promote personal growth and productivity.	Provide a successful diagnosis in psychopathology.	Ensure that clients are on the correct medication.	Solely address behaviour.
An encounter group	Enables individuals to interact with others in a social setting.	Encourages team building.	Encourages therapy and self-growth through disclosure and interaction.	Aids the therapist in diagnosis.
Following are the qualities of effective counselor exceptional	Humours	Flexibility	Power hungry	Tolerance of intimacy
..... developed the concept of Unconditional positive regard	Sigmund Freud	Carl Roger	Allport	Adler
Empathy means	Feeling sorry for someone.	Putting others before yourself.	Putting yourself in someone else's shoes.	Putting yourself before others.
Counselling is:	Helping People	Giving Advice	Guidance and showing alternatives	Telling people what to do
In counselling Integrity is:	Good character	Moderate level of trust	Not reflective on profession	Professional Relation
The basis of all type of counselling is	Having sound advice for the client	Good, objective listening	Having the strength to get the client to face reality	Good character

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There are stages in confrontation.	3	4	6	8
The client transfers his feelings for others toward the therapist is called	Integrity	Transference	Counter Transference	Concretness
Counselling leads to change the clients	Behaviour and Belief	Personality and Intelligence	Interest and aptitude	Belief and Interest
Predicting the future development of the clients problems known as.....	Diagnosis	Prognosis	Snythesis	Prediction
The first stage of counselling is:	Initial exporation	Initial disclosure	Collecting information	Good Listening
Immediacy is the	ability to see the incomplete picture that clients paint with their words.	ability to feel with clients, as opposed to feeling for clients.	ability to deal with the here-and-now factors that operate within the helping relationship.	ability to communicate and demonstrate genuine caring and concern for clients.
Which one is the correct methods is included in strategies that add depth and enhance the counseling relationship?	Probing and Leading	Attending and Encouraging	Summarizing	Responding to Nonverbal Cues
..... method is included in strategies that aid in data gathering.	Attending and Encouraging	Self-disclosure	Probing and Leading	Confrontation
Empathic understanding is	the ability to see the incomplete picture that clients paint with their words.	the ability to feel with clients, as opposed to feeling for clients.	the ability to communicate and demonstrate genuine caring and concern for clients.	the ability to deal with the here-and-now factors that operate within the helping relationship.

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The Core conditions of Counselling are	congruency, genuineness, concreteness, and warmth).	comfortable furniture, a good room temperature, muted lighting, and counselor friendliness.	exploration of issues, client motivation, instillation of hope, and empathic understanding).	insight, identification of feelings, problem-solving skills, and immediacy).
Formulating conclusions regarding the nature and the causes of the problem exhibited by the clients	Diagnosis	Prognosis	Identification	Analysis
..... is not a strategy to build rapport and encourage client dialogue.	Questioning	Attending and encouraging	Clarifying and perception checking	Summarizing