

## Question Bank

### CC-13 (Counselling Psychology)

#### Unit- 1

##### Short questions

1. Scope for counselling in India
2. Cultural variable
3. Client variable
4. Attitude of the client towards the counsellor
5. Element of counselling process
6. Measurement outcomes
7. Resistance of counselling
8. Counselling and physical environment
9. Relationship between counselling and psychoanalysis
10. Counselling and antisocial behaviour
11. Rapport
12. Attractiveness and counselling
13. Selection and training of counsellor
14. Client counsellor relationship
15. Unethical counselling
16. Role of motivation in counselling
17. Counselling process
18. Compassion
19. Skill of communication training
20. Group management training
21. Decision making behaviour in counselling educational facilities for counsellor
22. In-service training
23. Pre service training

##### Long questions

1. Write a short essay on the basics of counselling.
2. State the meaning and definition of counselling. Describe briefly the need of counselling.
3. Define counselling and describe its characteristics.
4. Write a critical note on the scope, purpose and field of counselling.
5. Indicate with example the relationship between guidance, counselling and psychotherapy.
6. Examine the current status of counselling with special reference to India.
7. Write a critical note on the development of counselling in India.
8. Discuss the causes of slow progress of counselling facilities in India.
9. State your suggestions for upgrading the status of counselling in India.

10. Describe the history and development of counselling.
11. Discuss briefly the counselling process along with its outcomes.
12. Describe in detail various component of counselling.
13. Explain with examples the element of counselling.
14. Critically examine the factors influencing counselling process.
15. Analyse the various stages of counselling process.
16. What is meant by structure in counselling? Examine its role in building counselling relationship.
17. What is meant by counselling interview? Cite some case example of counselling interview.
18. How would you define a counsellor? Explain counsellor client relationship.
19. Write an introductory essay on the qualities of an effective counsellor.
20. Critically examine the factor responsible for the effectiveness of a counsellor.
21. Write an essay on the educational qualification of a counsellor with suitable examples.
22. Discuss various personality factor required for an effective counsellor.
23. What are the personal qualities of an effective counsellor state with examples?
24. Examine the role of creativity, communication skill and foresight of a counsellor in making a counselling successful.
25. Describe compassion conviction and discipline as good qualities of a counsellor.
26. Discuss the physical and mental health, empathy and understanding help one to become a good counsellor.
27. State and explain the role of capacity for self-denial and tolerance of intimacy in determining the characteristics of a good counsellor.
28. Discuss the examples the personal characteristics of an effective counsellor.
29. State and explain the qualities of a good counsellor with examples.
30. State the educational qualification and training required to be a counsellor.
31. Discuss various types of counselling with suitable examples.
32. Show the relationship between counselling and therapy and indicate the advantages of counselling.
33. Write an essay on the ethics and values of counselling.
34. What is meant by ethics? Indicate the importance of ethics and value in counselling?

## **Unit-2**

### **Short questions**

1. Id, ego, superego
2. Psycho sexual developmental stages
3. Free association
4. Client counsellor relationship
5. Dream interpretation
6. Psychodynamics
7. Psychic energy
8. New trend in psychoanalysis

9. Contributions of John bowley
10. Self-actualization theory
11. Non directive therapy
12. Limitations of classical analysis
13. Advantages of client centred therapy
14. Humanistic approach
15. Steps in CBT
16. Role of a counsellor in RET
17. Techniques of RET
18. Contribution of Aaron beck
19. Evaluation of humanistic therapy
20. Limitations of RET
21. Role of counsellor in reality therapy
22. Transactional analysis
23. Flooding therapy
24. Importance of behavioural therapy
25. Advantages of meditation
26. Contribution of Patanjali

### **Long questions**

1. Write a brief note on the technique of counselling
2. Write a note on psychodynamic perspective with its advantages and limitation
3. What is meant by counselling and client? Indicate the relationships and differences between two
4. What is meant by a theory? What are the characteristics of a good theory?
5. Explain the psychodynamic technique of counselling
6. Write a critical note on the psychoanalytic theory of Sigmund Freud
7. Explain the different psychoanalytic defence mechanism
8. Critically examine the process of Freudian analysis
9. Analyse the role of resistance and transference in psychoanalytic technique
10. What is psychoanalytic technique of Freud? Explain its limitations
11. Examine the role of a counsellor in psychoanalysis and current development in psychodynamics
12. Write an essay about the contribution of neo and post Freudian to psychoanalysis
13. Examine the contribution of C.G Jung and A. Adler to psychodynamics
14. State and explain the theory of psychosocial development of Erik Erikson
15. Explain the humanistic approach to counselling. How it differ from the classical approach.
16. Analyse the advantages of humanistic approach of Carl Rogers and A.Maslow
17. Explain the humanistic approach to counselling along with its origin and historical development.
18. Write a critical essay on existential approach. Why it is named so?
19. Discuss the advantages and limitation of existential technique with examples

20. Critically examine the role of a counsellor in existential therapy
21. What is client centred therapy? Discuss the contribution of Carl Rogers to client centred therapy
22. What is meant by cognitive approach? Explain the role of cognitive technique in the treatment of mental illness
23. Explain the meaning of cognition
24. Describe the characteristics of persons with whom cognitive therapy works successfully
25. Write a note about application of cognitive therapy to depression and other mental disorders
26. Discuss briefly the theories that have cognitive base. Supplement your answer with relevant case examples.
27. Who is the founder of cognitive therapy? State the process and implication of cognitive therapy
28. Explain the process of cognitive therapy? Examine its advantages and limitations.
29. Critically examine the strategy and technique of cognitive approach
30. Indicating the component of cognitive therapy, examine its importance in the treatment and counselling of mental illness
31. What is cognitive behavioural (CHBT) therapy? How it is different from cognitive therapy
32. Examine the uses and application of CBT after describing its various phases
33. Write an essay on the effectiveness of CBT
34. Describe the Rational Emotive Therapy techniques. What are its basic ideas and goal
35. State and explain the difference between cognitive and behaviour approach with examples

### **Unit-3**

#### **Short questions**

1. Skills of a counsellor
2. Interior arrangement of counselling room
3. Role of hope in counselling
4. Qualities of the counsellor
5. Verbal and nonverbal behaviour
6. Freud's view on transference
7. Resolution of counter transference
8. Necessity of termination of counselling relationship
9. Premature termination of counselling
10. Resistance in counselling
11. Strategies of termination of counselling
12. Structure in counselling
13. Physical setting
14. Career anchor
15. Career goals

16. Advertisement and event management
17. Career option for women
18. Challenging job for women
19. Remedial measures
20. Vocational guidance model
21. Psychotherapy model of counselling
22. Global model
23. Racism and colour barrier
24. Use of cognitive therapy I counselling process
25. Coordinated function of counsellors and school management

### **Long questions**

1. Write a brief essay on working in counselling relationship with examples.
2. Describe the role of counselling atmosphere and set up in building counselling relationship.
3. Discuss the factor influencing counselling relationship.
4. What is transference? How and why it occurs in a counselling situation?
5. Discuss the advantages and disadvantages of transference in counselling.
6. Describe Carl Jung and Bramer's contribution to transference.
7. What is counter transference? Examine the relationship and difference between transference and countertransference.
8. What is counter transference? Explain with examples how it develops.
9. Write an essay on the historical root of counter transference.
10. Discuss the approaches and symptoms of counter transference.
11. Write a critical essay on termination of counselling relationship.
12. Briefly explain the factors influencing counselling.
13. Discuss the role of structure, initiative, qualities of the client and counsellor in influencing counselling process.
14. Discuss in detail the client and counsellor qualities in making a counselling process effective.
15. What is understood by career planning? State the need and importance of career planning in everybody's life.
16. Define career planning and discuss the steps required for career planning.
17. Discuss in detail the various ingredients of career planning with suitable examples.
18. State and explain the role of parents in the career planning of their children.
19. Critically examine the factors helping in the choice of a career.
20. What is career counselling? Indicate the importance of career counselling.
21. What is the necessity of student counselling? Examine the field of school counselling.
22. Write a critical essay on the roles and activities of a school counsellor.
23. Discuss about the appropriate counselling responsibilities of school counsellors.
24. Discuss the role and importance of elementary school counsellor.
25. Distinguish between the roles of elementary and secondary school counsellors with suitable examples.

26. What is middle school counselling? Indicate the importance of middle school counselling.
27. Write a brief essay on the history of school counselling.
28. Explain the ways and procedures to constant primary prevention programming .
29. Indicate the necessity of counselling programmes for substance abuses and HIV infection.
30. Write a brief essay on the function of college counsellor.
31. Discuss the roles and services of college counsellor.
32. Critically examines the various model of college counselling.
33. Examine the role of class mates in the counselling process. Why students take counselling from some of their classmates in place of professional counsellors?

## **Unit -4**

### **Short questions**

1. Mistrust
2. Intolerance
3. Lack of empathy and understanding
4. Personality problems
5. Conjoint family therapy
6. Homeostasis
7. Psychotherapy
8. Psychodynamic therapy
9. Relationship counselling
10. Family therapy
11. Reality therapy
12. Suggestion to improve family therapy
13. Couple and marriage counselling
14. Middle phase of counselling session
15. Structural model of family therapy
16. Circumflex model
17. Model of family counselling
18. Alcohol abuse counselling
19. Alcoholics anonymous
20. Preventions of alcoholism
21. Heroine, morphine, cocaine
22. Nicotine and smoking
23. Risk factor and protective factors
24. Psychoanalytic theory of suicide
25. Crisis intervention
26. Role of suicide prevention centre
27. Suicide and high risk group
28. Depression and suicide
29. Drug addiction

30. Harassment of women
31. Work place harassment
32. Harassment by police
33. Violence
34. Terrorism
35. Aggression and violence

### **Long questions**

1. What is family counselling? Indicate the similarities and differences between marriage and family counselling.
2. Define family and indicate different type of families.
3. Indicate the need for marriage and family counselling with suitable examples.
4. Write an essay on the historical roots of the family counselling.
5. State and explain the causes of family and marital disturbances with a few case examples.
6. Write an explanatory note on family cycle and family life cycle.
7. State and explain the various stages of family life cycle.
8. Describe in detail the various methods of family therapy.
9. State the processes of family counselling. What precaution would you suggest to be taken before the counselling start?
10. State and explain various technique of family counselling.
11. What do you understand by model of family counselling? indicate some major and widely used family counselling model.
12. What is conjoint family therapy? Indicate the basic principles of relationship counselling.
13. Explain couple, marriage and relationship counselling.
14. What is understood by alcoholism, drug abuse? State the incidence of alcoholism.
15. Critically examine the adverse effect of alcoholism and drug abuse of society and individuals.
16. Why alcoholism and drug abuse are social evils explain with examples?
17. What is the long term effect of alcohol consumption? How alcoholism can be prevented, cured and counselled?
18. What is meant by drug abuse? State the name of different drugs usually taken by drug abusers.
19. Why people take drugs and also abuse them?
20. Critically examine various theories of drug addiction.