**ATTITUDE DEVELOPMENT INTERNATIONAL**

**Professional Counselling Level 1 Examination**

Answer all question

SECTION

1. Which one the following persons has been called the Father of Individual Psychology?

a Freud

b Ellis

c Rogers

d Adler

2. Achild has trouble understanding that the amount of juice she sees being poured is the same amount when it is in her sippy cup and when it is in her baby brothers bottle. She believes the narrower bottle has more juice. She is in the developmental stage labeled by Piaget.

a concrete operations

b sensorimeotor operations

c pre-formal operations

d innuitive thinking stage

3. Alice is very afriad of flying. She starts with her counselor by talking about a flight. She ends the sessions by drawing a plane. She next time talk about her concerns looking at her picture, and then looks at three other pictures of planes. The third time she starts by looking at the plane pictures and seeing a model of a plane. She holds the plane model and starts to discuss a plane to visit the airport. This script mirrors a therapy technique called

a Imagination

b REBT

c Narrative Adjustment

d Desensitization

4. Victor Frankl is known for

a Marriage therapy

b Logotherapy

c Cross cultural counselling

d Spiritual counselling

5. You are not certain that the test you are using is really measuring the anxiety trait you are interested in. It is correct ro say that you are concerned about the tests

a Integrity

b Reliability

c Validity

d Standardization

6. During a group counseling meeting, a member makes several depressed remarks about his life. He mention that he would be better off dead. Things progress for the group toward other issues and he is quiet. During the middle of the session he makes angry and threatening remarks towards his girlfriend. He states that he want to kill her for flirting with a neighbor. The session moves to discussions of betrayal. At the close of the sesssion he again repeats that he would be better off dead since people always betray hin. As a counselor you are

a Requried ethically to be slient about issues in the counseling sessions

b Requried ethically to see him for private sessions only

c Requried legally to be slient about issuse in the counselling session

d Requried legally to warn his girlfriend of his behaviour

7. The shadow is an archtype that

a Does not exist in psychoanalytic theory

b Is the judge of the supergo

c Is the self side of tne ego

d Encompasses everything a person refuses to acknowledge

8. At a conference you hear a colleague talking about concerns of symptom substitution with a young client whose parent are pushing for rapid sysmptom reduction. You make the assumption that this colleague is

a A behavioral counselor

b A Logotherapist

c An analytically trained counselor

d A cognitively trained behaviorist

9. A conditioned association in a person means

a An unclearned association

b An instinctive association

c An operant

d A learned association

10. All behavioral reinforcers

a Always raise behavioral probability

b Always are positive

c Do not raise behavioral probability

d Never are positive

11. In a normal curve

a The standard distribution is equal to the mode

b The curve is not symmetrical

c The mean, median, and mode are the same point

d The curve is symmetrical are the standard deviation equal four

12. Most behaviors are learned and displayed in a cultural context.

a True

b False

13. Nathan has been working on cutting down on drinking. He tells you he passed a state store and found my car pulling itself into the lot. He denies giving much conscious thought to it. Nathan is describing the working of:

a The superego

b The aid

c The ego

d The conscious

14. You have been providing career counseling to a client who is seeking employment. Concurrent with the counselling, and with your knowledge, the client has made application for employment with several employers. A potential employer calls you and ask for your opinion as to your clients suitability for the empolyers job opening. Under which of the following conditions are you free; i.e ; not in violation of professional ethics, to provide the information requested?

a When you are certain that the information you would provide would assure that the client would get the job

b When it is clear that the client will not get the job unless the information is given

c None of the Above

d When in your best judgement you believe the information would enhance the clients chance for getting the job

15. The counseling technique in which the counselor intensifies the clients emotional state in order to help the client understand the irrationality of the emotional reaction is known as:

a Paradoxical Intention

b Reconfiguration

c Confrontation

d Systematic Desensitization

SECTION B- THEORY

1a What is counseling?

b List and explain types of counseling

c Differentiate between writing therapy and narrative

2a Mention the ethical guidelines in professional

b Who is a counselor?

c List the desirable characteristics of a professional counsellor

3. A good counsellor does not decide for his/her client. Explain

4. After reading about the three major pioneers in the profession of counselling, Mr. Doug deliberated about whom among them was most important. At the first he was sure it must be Frank Parsons because Parsons seemed the most scientific and influential of the group. Yet as he thought, he was not sure. Where would couselling be without Clifford Beers influence on mental health and Jesse Davis work in the school? Who do you think was the most important of these three? Why?

5a Explain Sigmund Freuds components of the human personlity

b Who is Carl Rogers? And how does he define self?

c Briefly explain the following : 1. Introjection

2. Projection

3. Retroflection

4. Deflection

5. Confluence

6. Desensitize

6. The Limitation on Lauren was well established as a counselor. She was know for her effectiveness. She was into long-term counselling relationships, though, and thought that anything less than a 3-month commitment to the counselling process was a waste for both the client and the counselor. Laurens philosophy and her commitment to the process of counselling bothered her when a new client, lucy, who appeared quite depressed, showed up in her office with a managed care contract that allowed for only six sessions. Lauren knew she could not help Lucy very effectively in six sessions. yet, she knew that to turn her away might make her more disturbed. What would you do if you were in Lauerns shoes?

7a What is mental illness?

b List 7 types of mental illness

8a Mention the stage in counselling

b List the stage in grieving

c Differentiate between confidentiality in counselling and secret keeping

9. Mention and explain, at least two theories of counselling

10a What are the warning signs that a child had been abused ?

b As a professional counselor, how would you work with a client struggling with sexual addictions?

11a What are the basic equipment you need in your counselling office?

b What is Rapport in therapy

c What are the 3 most important question you need to get a client struggling with self indentity to answer?

12a What does SOAP means in counselling?

b Word like 'always' indicate client distortion of reality, give more examples of such words

c What are the major human differences?

13 List 5 counselling strategies mistakes

14 As a counselor in marriage counselling, what are the indicators to know whether to work with a couple individually or separately?

15a What are the 4 approaches to couple counselling

b How can you counsel a couple in 4-6 sessions?