



<b>Year 2020-2021</b>	<b>Subject: psychiatric counseling SUPE605</b>
<b>3<sup>rd</sup> year\ second semester</b>	<b>Final exam</b>
<b>Date: \ \ 2021</b>	<b>Total Marks: 25</b>
<b>Time Allowed: 2Hours</b>	<b>Dr. sohier Goda</b>

**1- Read each statement carefully. Circle "T" if the statement is true and circle "F" the statement is false..(15 Grade)**

- 1- **T** F Anger is a completely normal and usually healthy human emotion.
- 2- **T** F Anger becomes a problem when it is expressed and when it is not expressed aggressively.
- 3- **T** F A negative reinforcement is a response to the specific behavior that is pleasurable or produces the desired results.
- 4- **T** F Everyone has experiences that make them feel upset, disappointed, or fatigued.
- 5- **T** F A crisis can be resolved by a person's usual problem-solving resources/skills.
- 6- **T** F A problem that can be resolved by an individual or a family without outside intervention..
- 7- **T** F "I may be stupid but..." "I know I'm usually wrong but..."this statement reflected high self-confidence.
- 8- **T** F Negative self-labeling damages self-confidence.
- 9- **T** F There is times that the challenges in our lives may lead to isolation, anxiety, depression, and other health problems.
- 10- **T** F Counseling is directed towards happy people.
- 11- **T** F The opening process is one of the most important parts of the interaction with your client.
- 12- **T** F Role models can be positive or negative.
- 13- **T** F If a situation can wait 24 to 72 hours for a response, without placing an individual or a family in threat; it is an emergency and not a crisis
- 14- **T** F when anger gets out of control and turns destructive, it can lead to problems. .
- 15- **T** F Schizophrenia is the most common diagnosis associated with violence.

**2- Give an account on : ( 10grades)**

**1-Benefits of Counseling are: (2 grades )**

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**2- Professional counseling are: (1 grade)**

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**3-counseling components includes :( 3 grades)**

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**4-Symptoms of self –esteem includes (4 grades)**

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**“Good Luck”**  
*Dr/ sohier Goda*

## The answer

- 1-T
- 2-F
- 3-F
- 4-T
- 5-F
- 6-T
- 7-F
- 8-T
- 9-T
- 10-F
- 11-T
- 12-T
- 13-F
- 14-T
- 15-T

### 1- Benefits of Counseling

- Improved communication
- Enhanced relationships
- A happier family
- Peace of mind
- Improved self-esteem
- More satisfaction out of life
- Personal growth
- Improved job performance

### 2- professional counseling are:

- professional counseling is the process of building relationships with individuals that allow them to accomplish mental health and wellness, education, and career goals.

### 3-counseling components includes :

- 1-Opening:
- 2-Exploring Client Understanding:
- 3- Understanding:
- 4- Intervention:
- 5-Empower to Create Own Solutions:
- 6-Exploring Problems:

#### **4--SYMPTOMS OF SELF-ESTEEM:**

1. Excitement about starting each day
2. Self-confidence for new assignments
3. Working up to potential
4. Tolerating negative feedback
5. Emotional lift from hard work
6. Accepting sincerity of compliments
7. Able to compliment others
8. Can face up to mistakes