



Year 2021-2022	Subject: Psychiatric Counseling SUPE605
first semester	final exam
Date: 26 \1 \ 2022	Total Marks: 25
Time Allowed: 2Hours	Dr. Huda Gaber

Part I: Please answer the following questions: (10 grades)

1. Counseling is a concept that has existed for a long time, We have sought through the ages to understand ourselves, offer counsel and develop our potential, become aware of opportunities and, in general, help ourselves in ways associated with formal guidance practice. **In the light of your studies, Explain the previous statement concerning the following: (5 grades)**

A. Characteristics of counseling environment in educational setting.

B. Functions of counselor in schools.

A. Assertiveness is the ability to express our thoughts and feelings openly in an honest, appropriate, respectful and direct way. In the light of your studies, Explain assertive techniques? (5 grades)

Part II: Fill in the Blanks : (10 Grades)

1- Areas that counseling may be helpful are: (2 grades)

1-.....2-.....3-.....4-.....

2- Causes of conflict are: (2grades)

1-.....2-.....3-.....4-.....

3- Guidelines for setting goals include: (2 grades)

1-.....2-.....3-.....4-.....

4- Principles of Health Education include: (2 grades)

1-.....2-.....3-.....4-.....

5- Aims of crisis intervention are: (2 grades)

1-.....2-.....3-.....4-.....

Part III: Circle the best answer (2.5 Grades)

1-is a response to a sudden and unavoidable traumatic event that largely affects a person's identity and roles.

- a) Maturational crisis
- b) Adventitious crisis
- c) developmental crisis
- d) Situational crisis

2- A good counselor has the following qualities **EXCEPT**.

- a) Respectful
- b) Sympathy

- c) Honest
- d) Unhurried

3- “Don’t worry. I’m sure that it’s nothing important.” This an example of inappropriate responses in counseling which called

- a) Attacking
- b) Pity
- c) Denial
- d) Judging

4- Individual approach of counseling used..... As tool in counseling.

- a) Newspapers
- b) On-site visit
- c) Seminars
- d) Internet

5- This type of change depends on planning, meaning that a person places a pre-planned plan in his thinking. It's referred to.....

- a) Gradual change
- b) Radical change
- c) Defensive change
- d) Planned change

Part V: True or False

Read the following statements carefully .If it is true circle (T) and if is False circle (F) on the line **(2.5 grades)**

1	Crisis is a state of instability or danger, as in social, economic, political or “ international affairs, which leads to decisive change.”	T	F
2	Parental permission is obtained prior to any individual or group counseling.	T	F
3	Intra individual conflict arise between two individuals having competition for achieving scarce things.	T	F
4	Being assertive means being able to stand up for your own or other people's rights in negative way.	T	F
5	Guidance refers to an advice or an important part of information provided by a superior, to resolve a problem or overcome from difficulty.	T	F

“Good Luck”
Dr/ Huda Gaber