



# TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway

Internationally Accredited Institution Registered under Tamilnadu Govt Act

Name:

[Capitals]

Reg.No:

Course : Post Graduate Diploma in Counselling Psychology

Session : Academic 20 \_\_ / Calendar 20 \_\_

Subject : Foundations of Counselling Psychology

Date of Submission :

### Instructions to Students

- Write your name in Capital Letters and your Register Number
- In the Session write the Appearing Year.
- Write the name of the subject and the date of submission
- Write neatly and answer the questions with correct answers.
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- If the answers require additional lines, then attach additional sheets as required.
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### FOR OFFICE USE ONLY

No: of Questions Attended :

No: of Correct Answers :

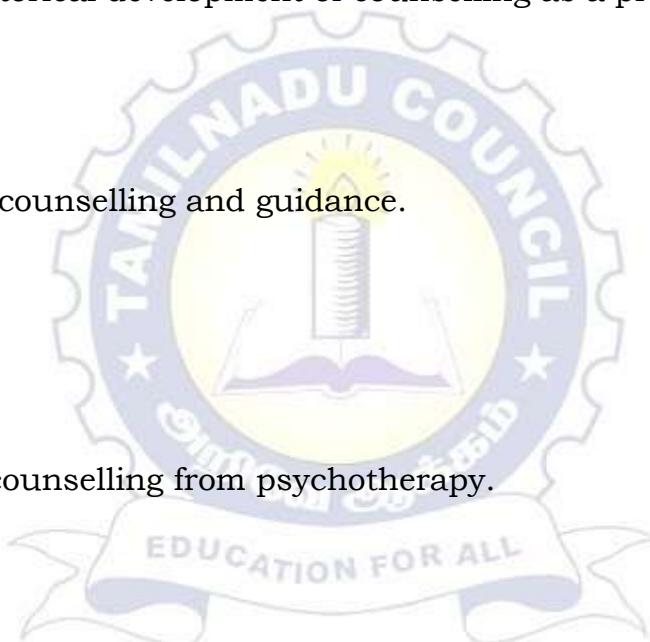
Total Marks Awarded :

Signature of Evaluator

# FOUNDATIONS OF COUNSELLING PSYCHOLOGY

[TEST PAPER-1]

1. Define counselling psychology.
2. State any two goals of counselling.
3. Trace the historical development of counselling as a profession.
4. Differentiate counselling and guidance.
5. Distinguish counselling from psychotherapy.
6. What is meant by clinical psychology?
7. List any four characteristics of an effective counsellor.



8. What are ethical principles in counselling?

9. Explain confidentiality in counselling practice.

10. What is informed consent?

11. Define psychodynamic approach.

12. What is psychoanalysis?

13. State the basic assumptions of behavioural approach.

14. Define cognitive behavioural approach.

15. What is humanistic counselling?

16. Explain person-centred therapy briefly.

17. What is existential counselling?

18. Define Gestalt therapy.

19. What is meant by counselling process?

20. Name the stages of counselling.

21. Define active listening.

22. What is paraphrasing in counselling?

23. What is summarising skill?

24. Define therapeutic relationship.

25. What is resistance in counselling?

26. What is termination in counselling?

27. Define crisis counselling.

28. What is trauma-informed counselling?



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Session : Academic 20\_\_ / Calendar 20\_\_

Subject : Psychological Assessment and Testing

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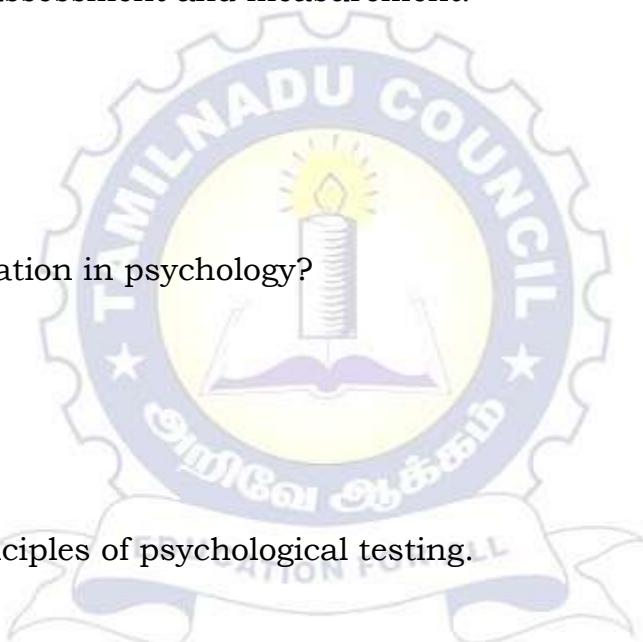
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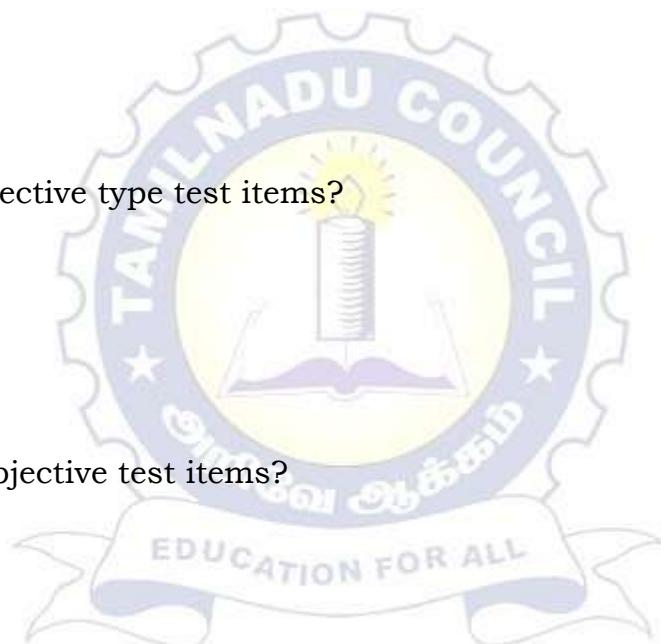
# PSYCHOLOGICAL ASSESSMENT AND TESTING

[TEST PAPER-2]

1. Define psychological assessment.
2. What is psychological testing?
3. Differentiate assessment and measurement.
4. What is evaluation in psychology?
5. State two principles of psychological testing.
6. List applications of psychological tests.
7. What is test construction?



8. Define item writing.
9. What is scaling in test development?
10. Define validation of a test.
11. What are objective type test items?
12. What are subjective test items?
13. Define norm-referenced test.
14. What is a criterion-referenced test?



15. What are age norms?

16. Define percentile rank.

17. What is reliability?

18. Mention any one method of estimating reliability.

19. Define validity.

20. Name any two theories of intelligence.

21. What is Stanford–Binet Intelligence Test?

22. What are Wechsler scales?

23. Define aptitude test.

24. What is Raven's Progressive Matrices?

25. Define personality assessment.

26. Name any two personality inventories.

27. What is MMPI?

28. Define projective technique.



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Course : Post Graduate Diploma in Counselling Psychology

Session : Academic 20\_\_ / Calendar 20\_\_

Subject : Theories and Techniques of Counselling

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# THEORIES AND TECHNIQUES OF COUNSELLING

[TEST PAPER-3]

1. Define counselling theory.
2. State the purpose of counselling theories.
3. Mention two functions of theory in counselling.
4. List any two criteria of a good counselling theory.
5. Define psychoanalytic theory.
6. What is structure of personality according to Freud?
7. Define defence mechanisms.

8. What is free association?

9. What is dream analysis?

10. Define transference.

11. Who are Neo-Freudians?

12. What is Adler's contribution to counselling?

13. Define person-centred therapy.

14. What is unconditional positive regard?

15. Define empathy.

16. What is congruence?

17. Define Gestalt therapy.

18. What is here-and-now concept?

19. Define existential therapy.

20. What is behaviour therapy?

21. Define classical conditioning.

22. What is operant conditioning?

23. Define systematic desensitization.

24. What is cognitive therapy?

25. Who proposed REBT?

26. Define irrational beliefs.

27. What is solution-focused brief therapy?

28. Define narrative therapy.

29. What is multicultural counselling?



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Session : Academic 20\_\_ / Calendar 20\_\_

Subject : Counselling Across the Lifespan

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# COUNSELLING ACROSS THE LIFESPAN

[TEST PAPER-4]

1. Define lifespan development.
2. What is developmental counselling?
3. Name two stages of human development.
4. State Erikson's contribution to development.
5. What is Piaget's theory known for?
6. Define childhood counselling.
7. Mention two behavioural problems in children.

8. What is play therapy?

9. Define art-based counselling.

10. What is early adolescence?

11. State two counselling issues in adolescents.

12. What is identity crisis?

13. Define career counselling.

14. What is motivational interviewing?

15. Mention two mental health concerns in young adults.

16. What is middle adulthood?

17. Define midlife crisis.

18. State two stressors in middle-aged adults.

19. What is work-life balance?

20. Define grief counselling.

21. What is ageing?

22. State two psychosocial issues of old age.

23. Define life review therapy.

24. What is active ageing?

25. What is caregiver counselling?

26. Define geriatric counselling.

27. What is ethical sensitivity in lifespan counselling?

28. State two cultural considerations in counselling.



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Subject : Mental Health and Psychopathology

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# MENTAL HEALTH AND PSYCHOPATHOLOGY

[TEST PAPER-5]

1. Define mental health.

2. What is mental illness?

3. Define psychopathology.

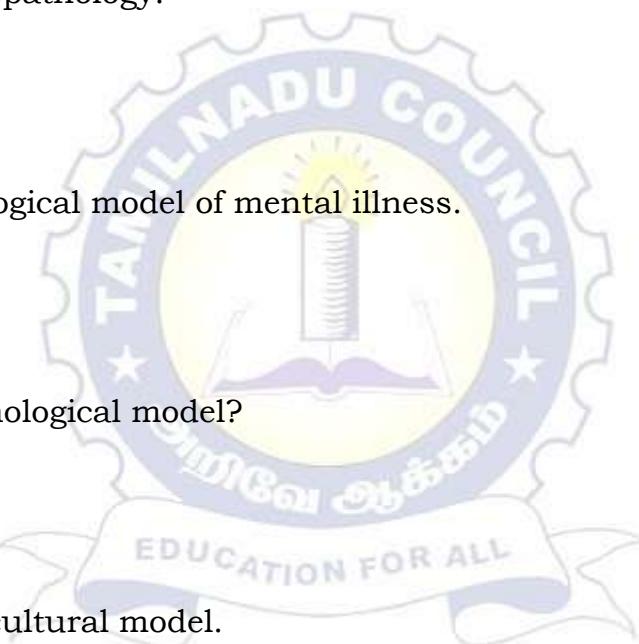
4. State the biological model of mental illness.

5. What is psychological model?

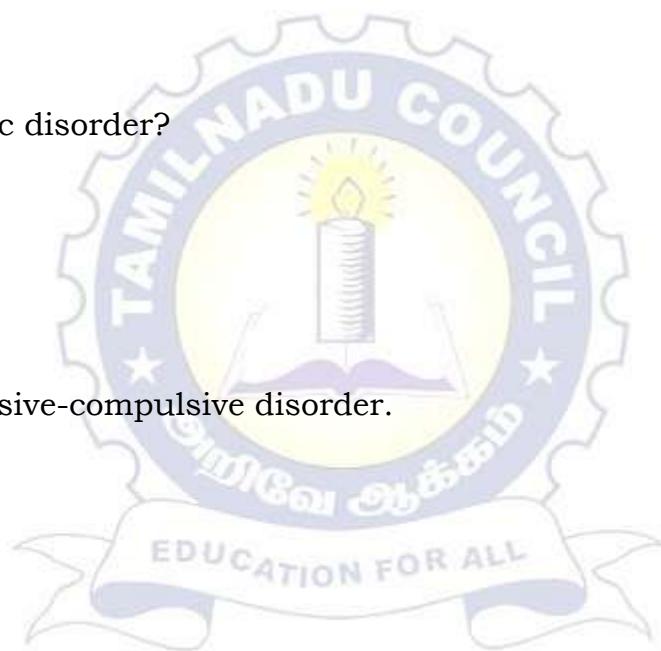
6. Define socio-cultural model.

7. What is DSM?

8. What is ICD?



9. Define anxiety disorder.
10. What is generalized anxiety disorder?
11. Define phobia.
12. What is panic disorder?
13. Define obsessive-compulsive disorder.
14. What is mood disorder?
15. Define major depressive disorder.



16. What is bipolar disorder?

17. Define stress-related disorder.

18. What is post-traumatic stress disorder?

19. Define psychosis.

20. What is schizophrenia?

21. Define personality disorder.

22. Name the three clusters of personality disorders.

23. Define dissociative disorder.

24. What is dissociative identity disorder?

25. Define neurodevelopmental disorder.

26. What is autism spectrum disorder?

27. Define ADHD.

28. What is mental health promotion?

29. Define prevention in mental health.