

GROUP COUNSELING EXAM

Instructions

Attempt All Questions

Each question carries (2 Marks)

Total Marks (100 Marks)

Pass Mark (70 Marks)

1. What are the goals of Group Therapy?
 - A. To provide individualized counseling
 - B. To promote self-awareness, interpersonal growth, and behavior change
 - C. To prescribe medication
 - D. To conduct psychological assessments

2. Which of the following is not a type of group therapy?
 - A. Psychotherapy groups
 - B. Self-help groups
 - C. Couple therapy
 - D. Skills development groups

3. What does the term group dynamics mean?
 - A. The study of individual behavior
 - B. The interactions and processes within a group
 - C. The dynamics of a single person
 - D. The physical environment of the therapy room

4. Which of the following is a common concept of group dynamics?
 - A. Individual therapy
 - B. Personal space
 - C. Social isolation
 - D. Group cohesion

5. What is a NOT a healthy way of navigating group dynamics?
 - A. Ignoring conflicts
 - B. Observing confidentiality
 - C. Managing negative participation from some members
 - D. Discouraging creating of cliques within the group

6. What does group process refer to?
 - A. The procedures of therapy sessions
 - B. The interpersonal interactions and dynamics within a group
 - C. The paperwork involved in group therapy
 - D. The physical layout of the therapy room

7. Which of the following is a stage of group formation?
 - A. Processing
 - B. Reviewing
 - C. Performing
 - D. Reflecting

8. What skills and techniques should a group leader apply during the storming stage of group formation?
 - A. Encourage cooperation
 - B. Establish trust
 - C. Manage conflicts
 - D. Set goals

9. What is psychoanalytic group therapy?
 - A. A form of therapy focusing on conscious thoughts
 - B. A form of therapy focusing on unconscious processes
 - C. A form of therapy focusing on medication management
 - D. A form of therapy focusing on social dynamics only

10. Which stage of psychoanalytic group counseling involves the development of insight?
- A. Orientation
 - B. Conflict
 - C. Making sense of the past in the present
 - D. Working Through
11. What are the roles and responsibilities of a Psychoanalytic Group Counselor?
- A. Setting the agenda and schedule
 - B. Providing interpretation and insight into unconscious processes
 - C. Conducting relaxation exercises
 - D. Assigning homework tasks
12. Which skill or technique is applied in Psychoanalytic Group Counseling?
- A. Mindfulness meditation
 - B. Free association
 - C. Assertiveness training
 - D. Role-playing
13. What is the definition of Group Facilitation?
- A. Administering medications to group members
 - B. Guiding a group process to promote effective communication and problem-solving
 - C. Providing individual counseling within a group setting
 - D. Conducting psychological assessments for group members
14. Which of the following is a role and responsibility of a Group Facilitator?
- A. Prescribing medication
 - B. Setting the agenda
 - C. Diagnosing mental illnesses
 - D. Analyzing dreams

15. What functions does a Group Facilitator perform during the group process?
- A. Administering psychological tests
 - B. Providing individual therapy sessions
 - C. Facilitating discussions and summarizing key points
 - D. Conducting group members' personal assessments
16. Define Cognitive Behavioral Group Counseling:
- A. A form of therapy that focuses on identifying and modifying maladaptive thoughts and behaviors in a group setting
 - B. A therapy form that solely focuses on medication management within a group
 - C. A therapy form that emphasizes relaxation techniques in a group setting
 - D. A therapy form that focuses on exploring unconscious processes in a group setting
17. Which of the following is a technique used in Cognitive Behavioral Group Counseling?
- A. Dream analysis
 - B. Cognitive restructuring
 - C. Free association
 - D. Reflective listening
18. What are the benefits of CBT?
- A. Encourages isolation
 - B. Targets specific symptoms, accompanying thoughts, feelings and behaviors
 - C. Focuses solely on medication management
 - D. Promotes long-term avoidance of issues
19. What are the guiding principles of CBT for a Group Counselor?
- A. Hierarchical approach
 - B. Individualized focus
 - C. Structured sessions

D. Authoritarian leadership style

20. Define Person-Centered Group Counseling:

A. A therapeutic approach emphasizing empathy, unconditional positive regard, and genuineness in a group setting

B. A therapeutic approach focusing on medication management within a group

C. A therapeutic approach focusing on cognitive restructuring in a group setting

D. A therapeutic approach focusing on unconscious processes in a group setting

21. What are some of the techniques used in Person-Centered Group Counseling?

A. Cognitive restructuring

B. Reflective listening skills

C. Dream analysis

D. Role-playing

22. What are the benefits of Person-Centered Group Counseling?

A. Promotes isolation

B. Fosters empathy and acceptance

C. Requires minimal facilitation skills

D. Focuses solely on behavior modification

23. What is Integrative Group Counseling?

A. A counseling approach that focuses solely on individual needs

B. A counseling approach that incorporates techniques from multiple therapeutic approaches

C. A counseling approach that excludes diverse techniques

D. A counseling approach that lacks flexibility

24. What are the key concepts of Integrative Group Counseling?

A. Limiting interventions to a single therapeutic modality

B. Flexibility in therapeutic approach and interventions

- C. Rigid adherence to one theoretical framework
- D. Standardizing techniques for all group members

25. What are the benefits of Integrative Group Counseling?

- A. Addresses a limited range of issues
- B. Promotes isolation among group members
- C. Requires expertise in only one therapeutic modality
- D. Addresses a wide range of issues and promotes holistic healing

26. What is Leadership?

- A. Following instructions from group members
- B. Guiding and inspiring individuals or groups towards a common goal or vision
- C. Dictating orders without considering others' opinions
- D. Remaining passive during group sessions

27. Which of the listed qualities is essential for a Group Leader?

- A. Isolation
- B. Authoritarianism
- C. Empathy
- D. Indifference

28. Which style of leadership involves considering others' opinions and promoting group participation in decision-making?

- A. Authoritarian
- B. Democratic
- C. Laissez-faire
- D. Transformational

29. What are the benefits of Co-leadership?

- A. Increased workload for leaders

- B. Limited perspectives
 - C. Mutual support and collaboration
 - D. Reduced responsibility
30. Which stage of group formation involves establishing trust and rapport?
- A) Storming
 - B) Norming
 - C) Forming
 - D) Performing
31. Which therapeutic approach emphasizes empathy and unconditional positive regard?
- A) Cognitive behavioral therapy
 - B) Psychoanalytic therapy
 - C) Person-centered therapy
 - D) Integrative therapy
32. What is the role of a group facilitator?
- A) Diagnosing mental disorders
 - B) Prescribing medication
 - C) Guiding the group process
 - D) Providing individual therapy
33. What is the key concept of integrative group counseling?
- A) Focusing solely on cognitive restructuring
 - B) Tailoring interventions to individual needs within a group context
 - C) Implementing authoritarian leadership
 - D) Applying a single therapeutic modality
34. What technique is commonly used in Person-Centered Group Counseling to foster cognitive and emotional understanding of clients?
- A. Role-playing
 - B. Empathic understanding
 - C. Cognitive restructuring

- D. Assertiveness training
35. What challenge is associated with Person-Centered Group Counseling?
- A. Lack of client engagement
 - B. Difficulty in setting goals
 - C. Requirement of highly structured sessions
 - D. Requires skilled facilitation
36. In Integrative Group Counseling, what does flexibility in therapeutic approach entail?
- A. Sticking rigidly to one therapeutic modality
 - B. Openness to embrace interventions to individual and group members needs
 - C. Using the same techniques for all group members
 - D. Ignoring diverse therapeutic theories
37. Which of the following is not a benefit of Integrative Group Counseling?
- A. Addressing a wide range of issues
 - B. Promoting holistic healing
 - C. Simplifying the counseling process
 - D. Incorporating diverse techniques
38. What is the primary focus of Leadership in group settings?
- A. Promoting competition among group members
 - B. Encouraging passive participation
 - C. Setting agenda, guiding, facilitating effective group process
 - D. Fostering conflict among group members
39. Which leadership style involves giving complete control to group members without any interference?
- A. Democratic
 - B. Authoritarian
 - C. Laissez-faire
 - D. Transformational
40. Outlined are core benefits of observing behind group counseling ethics? Which one is NOT?
- A. Increased workload for leaders
 - B. Safety of all
 - C. Enhanced professionalism
 - D. Duty to protect

41. What challenge might arise in in group therapy that require immediate ethical considerations and intervention?
- A. Lack of group cohesion
 - B. A member threatening another
 - C. Lateness
 - D. Members not agreeing when to terminate the group
42. In multi-cultural group counseling setting, a counselor is NOT allowed to.
- A. Force intervention on group members
 - B. Embrace diverse backgrounds of group members
 - C. Adapt therapeutic approaches based on each member's unique requirements
 - D. Let members dress in their cultural attire
43. Which of the following is not a challenge of Integrative Group Counseling?
- A. Complexity in implementation
 - B. Limited effectiveness in addressing various issues
 - C. Requirement of expertise in multiple therapeutic modalities
 - D. Potential confusion for group members due to diverse techniques
44. What is the essence of MCT skills for a group counselor?
- A. Appreciating diversity
 - B. Ignoring the group's goals and vision
 - C. Guiding and inspiring certain individuals in a group towards a common objective
 - D. Promoting competition among group members
45. Which characteristic is crucial for a Group Leader to effectively manage group dynamics?
- A. Indifference
 - B. Flexibility
 - C. Emotional intelligence
 - D. Authoritarianism
46. What is NOT a potential danger of a group process where the counselor is operating without training in group work?
- A. Increased conflict among leaders
 - B. Limited perspectives in group work
 - C. Enhanced support and cooperation between leaders
 - D. Decreased accountability
47. Ethics and values in counseling are the same.
- A) TRUE

B) FALSE

48. Which of the following is NOT a step resolving ethical issues in counseling?

- A) Identify the problem in the specific case
- B) Review ethical codes in the problem
- C) Brainstorm on possible solutions
- D) Dictate on the best course of action

49. David is a group therapist working with survivors of sexual violence. He is unhappy with one of the group members who keeps disrupting the group process. This is affecting his relationship with other members too. The counselor has come to you for help. Which of the following solution would NOT help?

- A) Supervision
- B) Personal therapy
- C) Peer support
- D) Terminating the group

50. Which is of the following is a key advantage of group therapy over individual therapy?

- A) Low quality with low cost
- B) Synergy and learning from others
- C) Peer support
- D) Opportunity for social learning