

GROUP COUNSELING EXAM & MARKING SCHEME

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

Answer: B. To promote self-awareness, interpersonal growth, and behavior change

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

Answer: C. Couple therapy

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

Answer: B. The interactions and processes within a group

4. Which of the following is a common concept of group dynamics?
 - A. Individual therapy

- B. Personal space
- C. Social isolation
- D. Group cohesion

Answer: 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

Answer: A. Ignoring Conflicts

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

Answer: B. The interpersonal interactions and dynamics within a group

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

Answer: C. Performing

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

Answer: C. Manage conflicts

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

Answer: B. A form of therapy focusing on unconscious processes

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

Answer: C. Making sense of the past in the present

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

Answer: B. Providing interpretation and insight into unconscious processes

12. Which skill or technique is applied in Psychoanalytic Group Counseling?
- A. Mindfulness meditation
 - B. Free association
 - C. Assertiveness training
 - D. Role-playing

Answer: B. Free association

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

Answer: B. Guiding a group process to promote effective communication and problem-solving

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

Answer: B. Setting the agenda

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

Answer: C. Facilitating discussions and summarizing key points

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

Answer: A. A therapy form that focuses on identifying and modifying maladaptive thoughts and behaviors 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

Answer: B. Cognitive restructuring

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

B. Targets specific symptoms, accompanying thoughts, feelings and behaviors

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

Answer: C. Structured sessions

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

Answer: A. A therapeutic approach emphasizing empathy, unconditional positive regard, and genuineness 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

Answer: B. Reflective listening skills

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

Answer: B. Fosters empathy and acceptance

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

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

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

Answer: B. Flexibility in therapeutic approach and interventions

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

Answer: 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

Answer: B. Guiding and inspiring individuals or groups towards a common goal or vision

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

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

Answer: C. Empathy

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

Answer: B. Democratic

29. What are the benefits of Co-leadership?

- A. Increased workload for leaders
- B. Limited perspectives
- C. Mutual support and collaboration

D. Reduced responsibility

Answer: C. Mutual support and collaboration

30. Which stage of group formation involves establishing trust and rapport?

- A) Storming
- B) Norming
- C) Forming
- D) Performing

Answer: C. Forming

31. Which therapeutic approach emphasizes empathy and unconditional positive regard?

- A) Cognitive behavioral therapy
- B) Psychoanalytic therapy
- C) Person-centered therapy
- D) Integrative therapy

Answer: C. Person-centered 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

Answer: C. Guiding the group process

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

Answer: B. Tailoring interventions to individual needs within a group context

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

Answer: B. Empathic understanding

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

Answer: 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

Answer: Openness to embrace interventions to individual and group members needs

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

Answer: C. Simplifying the counseling process

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

Answer: C. Setting group agenda, guiding, facilitating effective group process

39. Which leadership style involves giving complete control to group members without any interference?

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

Answer: C. Laissez-faire

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

Answer: A. Increased workload for leaders

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

Answer B. A member threatening another

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

Answer: Force intervention on group members

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

Answer: B. Limited effectiveness in addressing various issues

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

Answer: A. Appreciating diversity

45. Which characteristic is crucial for a Group Leader to effectively manage group dynamics?
- A. Indifference

- B. Flexibility
- C. Emotional intelligence
- D. Authoritarianism

Answer: C. Emotional intelligence

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

Answer: C. Enhanced support and cooperation between leaders

47. Ethics and values in counseling are the same.
- A) TRUE
 - B) FALSE

Answer: B

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

Answer: 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

Answer: 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

Answer: B) Synergy and learning from others