



All of the followings are the strengths of Reality Therapy EXCEPT:

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Select the correct option

- | | |
|----------------------------------|--------------------------------------|
| <input type="radio"/> | Promotes responsibility and freedom |
| <input type="radio"/> | Accountability and concrete outcomes |
| <input type="radio"/> | Emphasizes short-term treatment |
| <input checked="" type="radio"/> | Simplistic and superficial |

Click to Save Answer & Move to Next Question



Who among the followings developed the Stress-Inoculation Therapy?

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Select the correct option

- Abraham Maslow
- Albert Ellis
- Meichenbaum
- Victor Frankl

Click to Save Answer & Move to Next Question



Which of the following is unconditioned stimulus?

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Select the correct option

- Pain
- Food
- All of the above
- Noise

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Transactional Analysis is a/an _____ theory.

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Select the correct option

- | | |
|----------------------------------|-------------|
| <input type="radio"/> | Eclectic |
| <input type="radio"/> | Pessimistic |
| <input checked="" type="radio"/> | Optimistic |
| <input type="radio"/> | Dual |



Click to Save Answer & Move to Next Question



All of the followings may serve as positive reinforcer, EXCEPT:

Select the correct option

- Attention
- Token economy
- Time-out
- Money

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If reinforcement is withheld the response rate of the child declines and finally no response is shown by the child, this will be an example of which of the following?

Select the correct option

- Acquisition
- Shaping
- Extinction
- Reward

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The process of reinforcing successively closer to a desired terminal behavior is called:

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Select the correct option

- Modeling
- Shaping
- Aversive
- Assertion

Click to Save Answer & Move to Next Question



Who among the followings introduce the psychodrama to U.S.A?

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Select the correct option

- | | |
|----------------------------------|----------------|
| <input type="radio"/> | Carl Rogers |
| <input checked="" type="radio"/> | J. L. Moreno |
| <input type="radio"/> | Abraham Maslow |
| <input type="radio"/> | Erik Fromm |

Click to Save Answer & Move to Next Question



Existential counselors borrow some techniques from other models, EXCEPT:

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Select the correct option

- | | |
|----------------------------------|-------------------------|
| <input type="radio"/> | Imagery exercise |
| <input type="radio"/> | Awareness exercise |
| <input type="radio"/> | Goal-setting activities |
| <input checked="" type="radio"/> | Free association |

Click to Save Answer & Move to Next Question



Who is the founder of Rational-Emotive Behavior Therapy (REBT)?

Select the correct option

- Abraham Maslow
- Viktor Frankel
- B. F. Skinner
- Albert Ellis

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Click to Save Answer & Move to Next Question



J. L. Moreno introduced which of the following?

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Select the correct option

- Transactional Analysis
- Aversive therapy
- Psychodrama
- Electric shock therapy

Click to Save Answer & Move to Next Question



The condition in which members feel warmth and comfort in group is known as:

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Select the correct option

- Group Cohesiveness
- Universality
- Divergence
- Altruism

Click to Save Answer & Move to Next Question



Which technique is used to help a person to give up a behavior through repeated exposure to unwanted stimuli?

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Select the correct option

<input type="radio"/>	Aversive therapy
<input checked="" type="radio"/>	Systematic desensitization
<input type="radio"/>	Flooding
<input type="radio"/>	Assertive therapy



Click to Save Answer & Move to Next Question

Eric Berne developed Transactional Analysis in:

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Select the correct option

- 1951
- 1981
- 1971
- 1961

Click to Save Answer & Move to Next Question



According to Frankl, all of the followings are the ways with which one can discover the meaning of life EXCEPT:

Select the correct option

<input checked="" type="radio"/>	By inheritance
<input type="radio"/>	By doing a deed
<input type="radio"/>	By suffering
<input type="radio"/>	By experiencing a value



Click to Save Answer & Move to Next Question

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In A-B-C Cognitive model, B stands for:

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Select the correct option

- | | |
|----------------------------------|---------------|
| <input type="radio"/> | Behavior |
| <input type="radio"/> | Belongingness |
| <input type="radio"/> | Barrier |
| <input checked="" type="radio"/> | Beliefs |

Click to See Answer & Move to Next Question

Select the correct option.

- Think negatively about the world
- Think negatively about fortune
- Think negatively about the future
- Think negatively about oneself



In T-Groups, "T" refers to:

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Select the correct option

<input type="radio"/>	Technique
<input type="radio"/>	Talent
<input type="radio"/>	Transfer
<input checked="" type="radio"/>	Training

Click to Save Answer & Move to Next Question



All of the followings are some Aversive techniques, EXCEPT:

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Select the correct option

- Time-out
- Token economy
- Covert sensitization
- Overcorrection

Click to Save Answer & Move to Next Question



Which of the following is one of the most widely known existential therapy developed by Viktor Frankel?

Select the correct option

- REBT
- Aversion therapy
- Interpersonal therapy
- Logo therapy

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Click to Save Answer & Move to Next Question

Transactional Analysis was developed by:

Select the correct option

- Carl Rogers
- Eric Berne
- Sigmund Freud
- Alfred Adler

Click to Save Answer & Move to Next Question



Ellis thinks that _____ are more vulnerable to outside influences and irrational thinking than adults are.

Select the correct option

- Older people
- Parents
- Children
- Middle ages

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Which of the following is relatively a new counseling therapy that emphasizes the change, people can make in their actions and thoughts?

Select the correct option

- | | |
|----------------------------------|----------------------------|
| <input type="radio"/> | Psychoanalysis |
| <input type="radio"/> | Logo |
| <input checked="" type="radio"/> | Reality |
| <input type="radio"/> | Systematic desensitization |

Click to Save Answer & Move to Next Question



Which of the following therapy uses reinforcement as a tool for behavior change?

Select the correct option

- | | |
|----------------------------------|----------------------------|
| <input checked="" type="radio"/> | Operant conditioning |
| <input type="radio"/> | Systematic Desensitization |
| <input type="radio"/> | Psychoanalysis |
| <input type="radio"/> | Aversive conditioning |

Click to Save Answer & Move to Next Question



All of the followings may serve as positive reinforcer, EXCEPT:

Select the correct option

- | | |
|----------------------------------|---------------|
| <input type="radio"/> | Token economy |
| <input type="radio"/> | Money |
| <input type="radio"/> | Attention |
| <input checked="" type="radio"/> | Time-out |

Click to Save Answer & Move to Next Question



Which of the following can increase the likelihood of occurrence of a behavior?

Select the correct option

<input type="radio"/>	Extinction
<input type="radio"/>	Punishment
<input checked="" type="radio"/>	Reinforcement
<input type="radio"/>	Insight

Click to Save Answer & Move to Next Question

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If reinforcement is withheld the response rate of the child declines and finally no response is shown by the child, this will be an example of which of the following?

Select the correct option

- | | |
|----------------------------------|-------------|
| <input type="radio"/> | Shaping |
| <input type="radio"/> | Reward |
| <input checked="" type="radio"/> | Extinction |
| <input type="radio"/> | Acquisition |

Click to Save Answer & Move to Next Question



In which of the existential technique, client is instructed not to pay attention to feared object rather divert attention to more constructive activities?

Select the correct option

- | | |
|----------------------------------|----------------------------|
| <input checked="" type="radio"/> | De-reflection |
| <input type="radio"/> | Systematic desensitization |
| <input type="radio"/> | Paradoxical intention |
| <input type="radio"/> | Shaping |

[Click to Save Answer & Move to Next Question](#)



Which of the following cognitive technique involves the use of direct questions, logical reasoning and persuasion?

Select the correct option

- Imaginal disputation
- Teaching
- Role playing
- Cognitive disputation

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Click to Save Answer & Move to Next Question

Which of the following based on the assumption that voluntary behaviors are influenced by consequences?

Select the correct option

- Classical conditioning
- Operant conditioning
- Existential theory
- Transactional Analysis

Click to Save Answer & Move to Next Question



Which counseling therapy emphasizes that people can make change in their actions and thoughts?

Select the correct option

Reality Therapy

Logotherapy

Psychoanalysis

Existential Therapy

Click to Show Answer & Move to Next Question



Which technique of RET is based on rational-emotive imagery?

Select the correct option

Cognitive disputation



Imaginal disputation



Behavioral disputation



Confrontation



Click to Save Answer & Move to Next Question

The condition in which members feel warmth and comfort in group is known as:

Select the correct option

- Altruism
- Universality
- Group Cohesiveness
- Divergence

Click to Save Answer & Move to Next Question

Ellis thinks that _____ are more vulnerable to outside influences and irrational thinking than adults are.

Select the correct option

- Children
- Middle ages
- Older people
- Parents

Which stage of counseling group is similar to infancy period?

Select the correct option

- Norming
- Adjourning
- Storming
- Forming

Click to Save Answer & Move to Next Question

The process of reinforcing successively closer to a desired terminal behavior is called:

Select the correct option

- Aversive
- Assertion
- Shaping
- Modeling

Click to Save Answer & Move to Next Question

Task or work groups are design to:

Select the correct option

- Reinforce behaviors
- Remediate psychological problems
- Resolve problems of living
- Improve practices

Click to Save Answer & Move to Next Question



Quiz

https://quiz.vu.edu.pk/QuizQue...



MC200401344: ALIZA LIAQAT

Time Left 68 sec(s)

PSY632-Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 9 of 10 (Start time: 07:55:14 PM, 11 August 2021)

Total Marks:

If your friend does not call you and you suspect he wants to break up with you. This is an example of which of the following cognitive distortions?

Select the correct option

- Synchronicity
- Arbitrary Rightness
- Arbitrary Inference
- Personalization

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Click to Save Answer & Move to Next Question



WhatsApp

3 messages from 2 chats

7:51 p.m.



https://quiz.vu.edu.pk/QuizQue...



MC200401344: ALIZA LIAQAT

Time Left 22 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 4 of 10 (Start time: 07:50:14 PM, 11 August 2021)

Total Marks: 1

Which technique is used to help a person to give up a behavior through repeated exposure to unwanted stimuli?

Select the correct option

- | | |
|----------------------------------|----------------------------|
| <input type="radio"/> | Flooding |
| <input type="radio"/> | Assertive therapy |
| <input checked="" type="radio"/> | Systematic desensitization |
| <input type="radio"/> | Aversive therapy |



Click to Save Answer & Move to Next Question



41% 7:51 p.m.



Quiz

<https://quiz.vu.edu.pk/QuizQue...>



MC200401344: ALIZA LIAQAT

Time Left 81 sec(s)

PSY632-Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Total Marks:

Question # 5 of 10 (Start time: 07:51:42 PM, 11 August 2021)

All of the followings are the strengths of Reality Therapy EXCEPT:

Select the correct option

- Accountability and concrete outcomes
- Promotes responsibility and freedom
- Emphasizes short-term treatment
- Simplistic and superficial

Give Answer & Move to Next Question

All of the followings are the goal of group therapy counselor EXCEPT:

Select the correct option

- Creation and maintenance of the group
- Activating & processing the here-and-now
- Identify and restore distorted or damaged ego states
- Culture Building

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Click to Save Answer & Move to Next Question



Quiz

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MC200401344: ALIZA LIAQAT

Time Left 62 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 10 of 10 (Start time: 07:55:41 PM, 11 August 2021)

Total Marks: 1

Which of the following is NOT one of the types of group?

Select the correct option

- Psycho-educational groups
- Task/ Work groups
- Latent group
- Psychotherapy groups

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Click to Save Answer & Move to Next Question



Quiz

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MC200401344: ALIZA LIAQAT

Time Left 26 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 8 of 10 (Start time: 07:54:06 PM, 11 August 2021)

Total Marks: 1

All of the followings are the techniques of Transactional Analysis, EXCEPT:

Select the correct option

<input checked="" type="radio"/>	Catharsis
<input type="radio"/>	Confirmation
<input type="radio"/>	Crystallization
<input type="radio"/>	Confrontation

Click to Save Answer & Move to Next Question



Quiz

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MC200401344 ALIZA LIAQAT

Time Left 33 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 202

Question # 6 of 10 (Start time: 07:52:19 PM, 11 August 2021)

Total Marks:

All of the followings are the goal of group therapy counselor EXCEPT:

Select the correct option

- Creation and maintenance of the group
- Activating & processing the here-and-now
- Identify and restore distorted or damaged ego states
- Culture Building



Click to Save Answer & Move to Next Question



Quiz

https://quiz.vu.edu.pk/QuizQue...



MC200401344: ALIZA LIAQAT

Time Left 79 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 7 of 10 (Start time: 07:53:49 PM, 11 August 2021)

Total Marks: 1

Client's ability to imagine and employ a technique is called:

Select the correct option

- | | |
|----------------------------------|------------------------|
| <input checked="" type="radio"/> | Imaginal disputation |
| <input type="radio"/> | Cognitive disputation |
| <input type="radio"/> | Persistent disputation |
| <input type="radio"/> | Role play |

Click to Save Answer & Move to Next Question

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MC200401344 ALIZA LIAQAT

Time Left 54 sec(s)

PSY622:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 3 of 10 (Start time: 07:49:35 PM, 11 August 2021)

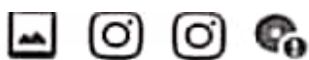
Total Marks: 1

J. L. Moreno introduced which of the following?

Select the correct option

- | | |
|----------------------------------|------------------------|
| <input type="radio"/> | Aversive therapy |
| <input type="radio"/> | Electric shock therapy |
| <input checked="" type="radio"/> | Psychodrama |
| <input type="radio"/> | Transactional Analysis |

Click to Save Answer & Move to Next Question



41% 7:49 p.m.



Quiz

<https://quiz.vu.edu.pk/QuizQue...>



MC200401344: ALIZA LIAQAT

Time Left 40 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 2 of 10 (Start time: 07:48:33 PM, 11 August 2021)

Total Marks:

Which of the following theory focus on that "every bad feeling you have is the result of your distorted negative thinking"?

Select the correct option

- Existential approach
- Gestalt approach
- Cognitive approach
- Psycho-physiological approach

Click to Save Answer & Move to Next Question



Quiz

https://quiz.vu.edu.pk/QuizQue...



MC200401344: ALIZA LIAQAT

Time Left 55 sec(s)

PSY632:Quiz 03

Quiz Start Time: 07:47 PM, 11 August 2021

Question # 1 of 10 (Start time: 07:47:41 PM, 11 August 2021)

Total Marks: 1

WDEP is a significant system in Reality Therapy, What does 'P' stands for in WDEP?

Select the correct option

- Practice
- Planning
- Personality
- Possibility

Click to Save Answer & Move to Next Question



MC200404771: SALMA SADIQUE

Time Left 83 sec(s)

PSY632-Quiz 03

Quiz Start Time: 07:34 PM, 11 August 2021

Question # 9 of 10 (Start time: 07:42:56 PM, 11 August 2021)

Total Marks:

Who among the followings is sometimes referred as a founder of the third school of Viennese psychotherapy (logotherapy)?

Select the correct option

- | | |
|----------------------------------|----------------------|
| <input type="radio"/> | Alfred Adler |
| <input type="radio"/> | Fritz Perls |
| <input type="radio"/> | Harry Stack Sullivan |
| <input checked="" type="radio"/> | Victor Frankl |

Click to Save Answer & Move to Next Question

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MC200404771: SALMA SADIQUE

Time Left 50 sec(s)

PSY632-Quiz 03

Quiz Start Time: 07:34 PM, 11 August 2021

Question # 4 of 10 (Start time: 07:37:33 PM, 11 August 2021)

Total Marks:

Transactions may occur on one of following three levels.
Which of the following is NOT one of them?

Select the correct option

- | | |
|----------------------------------|---------------|
| <input type="radio"/> | Complementary |
| <input checked="" type="radio"/> | Persistent |
| <input type="radio"/> | Crossed |
| <input type="radio"/> | Ulterior |

Click to Save Answer & Move to Next Question





Which of the following theory advocates that imitating someone plays an important role in learning aggression and violence in children?

Select the correct option

- | | |
|----------------------------------|--|
| <input type="radio"/> | The psychoanalytic theory of personality |
| <input type="radio"/> | The person-centered theory |
| <input checked="" type="radio"/> | The social learning theory |
| <input type="radio"/> | The analytic theory of personality |



Click to Save Answer & Move to Next Question



MC200404771: SALMA SADIQUE

Time Left 44 sec(s)

PSY632-Quiz 03

Quiz Start Time: 07:34 PM, 11 August 2021

Question # 3 of 10 (Start time: 07:36:38 PM, 11 August 2021)

Total Marks:

Which of the following is NOT one of the types of group?

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Select the correct option

- | | |
|----------------------------------|---------------------------|
| <input type="radio"/> | Psychotherapy groups |
| <input type="radio"/> | Psycho-educational groups |
| <input checked="" type="radio"/> | Latent group |
| <input type="radio"/> | Task/ Work groups |



Click to Save Answer & Move to Next Question





Which counseling therapy emphasizes that people can make change in their actions and thoughts?

Select the correct option

- Reality Therapy
- Psychoanalysis
- Existential Therapy
- Logotherapy

Click to See Answer & Move to Next Question



If reinforcement is withheld the response rate of the child declines and finally no response is shown by the child, this will be an example of which of the following?

Select the correct option

- | | |
|----------------------------------|-------------|
| <input type="radio"/> | Reward |
| <input checked="" type="radio"/> | Extinction |
| <input type="radio"/> | Acquisition |
| <input type="radio"/> | Shaping |

Click to Save Answer & Move to Next Question



Which of the following is Rollo May's most influenced book?

Select the correct option

- | | |
|----------------------------------|------------------------------|
| <input type="radio"/> | Neurotic people of our times |
| <input type="radio"/> | Psychosis and neurosis |
| <input type="radio"/> | The cause of Anxiety |
| <input checked="" type="radio"/> | The Meaning of Anxiety |

Click to Save Answer & Move to Next Question



Ivan Pavlov is associated with which of the following school of thought?

Select the correct option

- | | |
|----------------------------------|----------------|
| <input checked="" type="radio"/> | Behaviorism |
| <input type="radio"/> | Psychoanalysis |
| <input type="radio"/> | Structuralism |
| <input type="radio"/> | Functionalism |

Click to Save Answer & Move to Next Question

Transactional Analysis was developed by:

Select the correct option

- Sigmund Freud
- Eric Berne
- Alfred Adler
- Carl Rogers

Click to See Answer & Move to Next Question

In A-B-C cognitive model; C stands for what?

Select the correct option

- Consequences
- Criticism
- Characteristics
- Criteria

Click to Save Answer & Move to Next Question

“Two or more people interacting together to achieve a goal for their mutual benefits” is known as:

Select the correct option

- Riot
- Category
- Crowd
- Group

Click to Save Answer & Move to Next Question



Transactional Analysis was formulated by which of the following person?

Select the correct option

- Eric Berne
- Eric Erikson
- Eric Fromm
- Thomas Harris

Click to Save Answer & Move to Next Question



Who among the followings is sometimes referred as a founder of the third school of Viennese psychotherapy (logotherapy)?

Select the correct option

- | | |
|----------------------------------|----------------------|
| <input type="radio"/> | Alfred Adler |
| <input type="radio"/> | Harry Stack Sullivan |
| <input type="radio"/> | Fritz Perls |
| <input checked="" type="radio"/> | Victor Frankl |

Click to Save Answer & Move to Next Question