**Counseling**

1. [**A client with major depression is considering cognitive therapy. The client asks the nurse, “How does this treatment work?” The nurse responds and tells the client that:**](https://www.proprofs.com/discuss/q/451625/client-major-depression-considering-cognitive-therapy-nurse-)
2. “This type of treatment helps you examine how your past life has contributed to your problems.”
3. **This type of treatment helps you examine how your thoughts and feelings contribute to your difficulties.”**
4. “This type of treatment will help you relax and develop new coping skills.”
5. “This type of treatment helps you confront your fears by gradually exposing you to them.”
6. **Patient diagnosed with schizophrenia and need to know about side effects of medication. Which of the following models of counseling can used by the psychiatric nurse in helping patient:**
7. Problem solving
8. Information giving
9. Client centered
10. Psychodynamic
11. **Your close friend comes to you with an emotional dilemma that doesn't seem to have any apparent solutions. The most appropriate first response would be:**
12. Take her mind off the immediate problem by talking about something else.
13. **Give her your complete attention and focus on understanding the full extent of what she is feeling.**
14. Brainstorm solutions that could help resolve the problem.
15. All of the above

1. **All of following are values a therapist would hold for a client to be able to develop most productively within a therapy session except**

 A. Unconditional positive regard for the client.

 B. Empathy for the client's world-view and experience.

 C. Congruence

**D. Constant psychoanalysis of the client's reference to past events.**

1. **People who want to lose weight have been shown to benefit most from:**
2. Behavioral therapy models.
3. Therapy models that involve emotional exploration.
4. herapy models that deal with thoughts and personal beliefs.
5. **Balanced combination of all the above**.

**True and False**

1-Learning communication is the most important skills that the counselor should gain (True)

2-Counselor should understand patient deeply while talking with him (true)

3-Help patient to discuss his problem occur in second stage of counseling (False)

4- Conditional positive regard is a fundamental principle of counseling (false)

**Matching**

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| Counseling | Way of helping others to make their own adjustment in the face of life problems. |