

Practical Innovation Competence Test

(Form A)

Duration: 60 minutes

Grade: _____ Major: _____ Level: _____ Name: _____

Student ID: _____

I. Multiple-Choice Questions (5 items × 3 points = 15 points)

1. Which of the following is the most essential quality for a counselor? ()
 - A. Professional knowledge
 - B. Communication skills
 - C. Empathy
 - D. Sense of responsibility
2. Which of the following is NOT a stage of counseling? ()
 - A. Initial stage
 - B. Working stage
 - C. Termination stage
 - D. Diagnostic stage
3. Which of the following is the most commonly used technique in Rogerian counseling? ()
 - A. Interpretation
 - B. Reflection
 - C. Confrontation
 - D. Suggestion
4. Which of the following is an appropriate way for a counselor to respond to a client's silence? ()
 - A. Immediately break the silence
 - B. Fill the silence with chatter
 - C. Observe quietly and wait patiently
 - D. Criticize the client
5. Which of the following is the most important aspect of the counselor's role? ()
 - A. Providing advice
 - B. Solving problems
 - C. Facilitating client growth
 - D. Making decisions for the client

II. True/False Questions (5 items × 3 points = 15 points)

6. The purpose of psychological counseling is to help clients develop independent problem-solving abilities. ()
7. The counselor should always agree with the client's opinions. ()
8. Confidentiality is a fundamental principle of psychological counseling. ()

III. Fill-in-the-Blank Questions (7 items, 2 points per blank = 20 points)

11. The two aspects of positive regard are attending to the client's _____ and _____.
12. The three components of Freud's structural model of personality are _____, ego, and _____.
13. The first step in the counseling process is _____.
14. A key skill for building a quick and effective counseling relationship with adolescents is _____.
15. The technique of directly pointing out contradictions in the client's words or behaviors is called _____.
16. In behavior therapy, _____ reinforcement and _____ reinforcement are the two main types.
17. The two types of questioning techniques are _____ and _____.

IV. Short-Answer Questions (3 items: Q18–Q19, 15 points each; Q20, 20 points; total 50 points)

18. Briefly describe the role of the counselor's basic attitudes in the counseling relationship.

19. Define depression and describe its coping strategies.

20. Briefly describe the basic principles and steps of systematic desensitization therapy, and apply it to treat the client in the following case.

Case: A 20-year-old male college student experiences intense anxiety and fear at the thought of speaking in public. When required to give a presentation in class, he experiences palpitations, trembling hands, and sweating. He avoids any situation that requires speaking in front of others. He feels extremely distressed and has sought help.

Reference Answers and Scoring Rubric

(Form A)

I. Multiple-Choice Questions (5 items × 3 points = 15 points)

1. C 2. D 3. B 4. C 5. C

II. True/False Questions (5 items × 3 points = 15 points)

6. True 7. False 8. True 9. False 10. True

III. Fill-in-the-Blank Questions (7 items, 2 points per blank = 20 points)

- 11. personal; emotional
- 12. id; superego
- 13. collecting and organizing information
- 14. quickly establishing a counseling relationship with adolescents
- 15. confrontation
- 16. positive; negative
- 17. open-ended questions; closed-ended questions

IV. Short-Answer Questions (Total 50 points)

18. (15 points)

A good counseling relationship is a prerequisite for achieving counseling goals, and the establishment of this relationship is closely related to the counselor's attitudes. (3 points)

The attitudes a counselor should possess are:

- 1. **Empathy:** The ability to understand the client's experience from the client's perspective rather than from the counselor's own frame of reference. (3 points)
- 2. **Respect:** Respect is not only an attitude and a philosophy of life, but more importantly, an attitude expressed through behavior. It includes respecting the client as an individual, respecting their personality and potential. More importantly, the counselor should consistently maintain an accepting attitude toward the client throughout the counseling process, rather than a critical or punitive one. (3 points)
- 3. **Positive regard:** Positive regard means attending to the client's positive, constructive, and strengths-based aspects, thereby helping the client develop positive values and the internal motivation to change. Positive regard involves viewing the client dialectically and objectively. The counselor holds the belief that the client can change, views the client positively, emphasizes their strengths, selectively highlights the positive aspects of the client's words and behaviors, and utilizes their own positive factors to achieve counseling goals. (3 points)
- 4. **Congruence (Genuineness):** Congruence means the counselor faces the client honestly, communicating their attitudes and opinions openly and directly, without disguising or pretending. Congruence requires the counselor to set aside various role masks (such as "teacher" or "counselor") and be authentic—consistent inside and out. (3 points)

19. (15 points)

Definition: Depression is a negative emotional state characterized by low mood, slowed thinking, a sense of meaninglessness in life, hopelessness, feeling down, and pervasive sadness. In severe cases, it may include suicidal ideation. (3 points)

Coping strategies:

20. (20 points)

Basic principles: Systematic desensitization therapy was developed by the renowned psychiatrist Wolpe. This method primarily works by guiding the client to gradually confront the situations that trigger anxiety, while using a state of psychological relaxation to counteract the anxious feelings, thereby eliminating the habitual anxiety responses underlying neurosis. (4 points)

Three steps of systematic desensitization:

Step 1: Achieve muscle relaxation. (2 points)

Step 2: Establish a hierarchy of anxiety (arranged from the mildest to the most intense fear-inducing stimuli). (2 points)

Step 3: While in a state of muscle relaxation, begin imagining the anxiety-provoking situation starting from the lowest level, until the client can transition from imagined scenarios to real-life situations and maintain a relaxed state in the previously fear-inducing environment, with the anxiety no longer appearing. (2 points)

Constructing the client's anxiety hierarchy for fear of public speaking (6 points):

Thinking about giving a speech in class — 60 points;

Sitting in front of classmates preparing to speak — 70 points;

Standing up and walking to the podium — 80 points;

Standing at the podium looking at classmates — 90 points;

Beginning to speak in front of the class — 100 points.

(Note: The hierarchy may vary based on individual assessment.)

Implementation: Relaxation training, guided imagery, and gradual desensitization from low to high levels. (4 points)