

Practical Innovation Competence Test

(Form B)

Duration: 60 minutes

Grade: _____ Major: _____ Level: _____ Name: _____
Student ID: _____

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

- Which of the following represents a correct understanding of psychological counseling? ()
A. Counseling may not be effective for certain problems
B. All problems related to psychology should be completely resolved
C. The counselor should make a commitment to solve the client's problems
D. The counselor should provide solutions for unsolvable problems
- Which of the following is NOT an attending skill? ()
A. Listening
B. Content reflection
C. Confrontation
D. Affect reflection
- Which of the following statements about transference is INCORRECT? ()
A. Transference is related to the client's early childhood experiences
B. Transference is unrelated to the client's early childhood experiences
C. Transference is related to the counseling relationship
D. Transference is related to the client's past experiences
- Which of the following does NOT describe the meaning of empathy? ()
A. The counselor uses skills to convey empathy to the client
B. The counselor experiences the client's inner world through their words and actions
C. The counselor, drawing on their knowledge and experience, understands the connection between the client's experiences and their personality
D. The counselor analyzes the client's problems from their own frame of reference
- Which of the following is a negative effect of inappropriate questioning? ()
A. Increases client self-exploration
B. Enhances counselor understanding
C. Reduces the client's motivation for self-exploration
D. May produce inaccurate information and delay diagnosis

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

- Client: "Every time I think about my mom scolding me for dyeing my hair and wearing skirts, I get furious."
Counselor (in a slow, gentle tone): "Are you angry at your mom, or is it that your mom controls you?" The counselor's technique is affect reflection. ()
- A 13-year-old male student witnessed many classmates buried in rubble during the Wenchuan earthquake, some of whom died. He was also injured and underwent amputation. Three months post-surgery, he is very sad, afraid to return to school, feels inferior, and has poor sleep and appetite. His main psychological problem is a behavioral problem. ()
- A 15-year-old female student believes her classmates are gossiping about her behind her back, feels their eyes are all on her, and sometimes even hears people discussing her at home. These symptoms indicate auditory hallucinations. ()

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

11. Positive regard refers to attending to the client's _____ and _____ aspects of speech and behavior.
12. After drinking, one feels "relief from distress," which gradually forms a drinking habit. This is an example of _____ reinforcement.
13. In old age, the psychological world gradually shifts from being _____-oriented to _____-oriented, and from a world turned _____ to a world turned _____.
14. The meaning of "helping others to help themselves" in counseling is that the counselor helps the client _____.
15. _____ is the transfer of one's own thoughts and attitudes onto other things (including people and objects).
16. The core theory of Rational Emotive Behavior Therapy is the ABC model, where A stands for _____, B stands for the individual's _____ about the event, and C stands for the emotional and behavioral consequences that follow the event.
17. The two types of questioning techniques in counseling are _____ and _____.

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

18. Briefly describe how to establish a good counseling relationship.
19. Briefly describe coping strategies for anger.
20. Read the following case and design a systematic desensitization treatment plan, explaining the steps of implementation.

20 (Case). A young woman, 28 years old. In her childhood, she witnessed another child being bitten by a dog and bleeding, which left her with an intense fear of dogs. Recently, she discovered that her upstairs neighbor has a large dog, and the number of dog owners in her residential community has been increasing, which terrifies her. She dare not go out in the morning or evening, because these are the times when dog owners typically walk their dogs. At home, hearing the neighbor's dog bark makes her heart race and feel tense. If she sees a dog from a distance while outside, she becomes nervous and frightened, and must hurry back home to feel safe. If she unexpectedly encounters a dog just a few steps away, she experiences extreme fear — palpitations, sweating, and trembling. Once, while walking upstairs, the neighbor's dog ran down toward her, and she was so scared she nearly collapsed. If she sees the dog's owner with the dog, her fear is somewhat reduced. If she sees the owner holding the dog on a leash, her fear is even less. She feels her fear of dogs is increasing daily and has come for help because it is severely impacting her life.

Reference Answers and Scoring Rubric

(Form B)

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

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

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

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

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

- 11. positive; constructive
- 12. negative
- 13. self; others; outward; inward
- 14. help themselves / develop self-help abilities
- 15. Projection
- 16. the activating event; belief system
- 17. open-ended questions; closed-ended questions

IV. Short-Answer Questions (Total 50 points)

18. (15 points)

To establish a good counseling relationship, the counselor should:

- (1) Demonstrate empathy — understanding the client's feelings and experiences from their perspective. (4 points)
- (2) Show unconditional positive regard — accepting the client without judgment, valuing their inherent worth as a person. (4 points)
- (3) Practice active listening — attending fully, reflecting content and affect, and clarifying the client's thoughts and feelings. (4 points)
- (4) Maintain genuineness and congruence — being authentic and transparent, not hiding behind a professional mask. (3 points)

19. (15 points)

Coping strategies for anger include:

- (1) Cognitive restructuring: Identifying and challenging irrational thoughts that fuel anger (e.g., "catastrophizing," "all-or-nothing thinking"). (4 points)
- (2) Relaxation techniques: Deep breathing, progressive muscle relaxation, and meditation to reduce physiological arousal. (4 points)
- (3) Problem-solving: Addressing the actual source of frustration constructively rather than reacting impulsively. (4 points)
- (4) Communication skills: Learning to express anger assertively rather than aggressively — using "I" statements and active listening. (3 points)

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 dogs (6 points):

Thinking about dog owners walking dogs in the community — 55 points;

Hearing the neighbor's dog bark at home — 60 points;

Seeing a dog from a distance in the community — 70 points;

Encountering a dog a few steps away — 80 points;

Seeing the dog with its owner — 90 points;

A dog running toward her unexpectedly — 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)