

Week 1					
QUESTION	A	B	C	D	ANSWER
1. Which one of the following statements is NOT true of counselling?	It involves giving advice	It is a relationship of trust	It involves developing a friendship with the client	A & C	D
2. On average, how many sessions does therapy take to be effective?	three to four	Thirty to forty	Six - Fifty	50 or more	C
3. Which one of these is NOT a micro-skill?	Attending skills	Focusing	Confronting	Transferring	D
4. Nodding belongs to what category of micro skills?	Listening	Confronting	Attending	Focusing	C
5. Summarising belongs to what category of micro skills?	Attending	Listening	Confronting	Focusing	B
6. Which is true of values in the counselling process?	Counsellors should encourages clients to share their personal values	Counsellors should true to disconnect themselves from their own values	The counsellor and client should share the same values	Counsellors should accepts the values of their clients	D
7. What is bracketing?	Attempting to define a client's beliefs and values	When the counsellor manages their personal values so they do not impact the therapeutic process	Closing off when a client has different values to the counsellor	None of the above	B
8. Why is counselling recommended to practitioners?	So they can use the techniques used by their therapist on their own clients	To gain self-awareness	To have the experience of being the client	B and C	D
9. How much do therapist techniques and skills contribute to a positive therapeutic experience?	15%	30%	45%	40%	A