

**ROYAL CIVIL SERVICE COMMISSION
BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2020
EXAMINATION CATEGORY: TECHNICAL**

PAPER III: SUBJECT SPECIALISATION PAPER FOR CLINICAL COUNSELING

Date	: February 27, 2021
Total Marks	: 100
Writing Time	: 150 minutes (2.5 hours)
Reading Time	: 15 Minutes (prior to writing time)

GENERAL INSTRUCTIONS:

1. Write your Registration Number clearly and correctly on the Answer Booklet.
2. The first 15 minutes is to check the number of pages of the Question Paper, printing errors, clarify doubts and to read the instructions. You are NOT permitted to write during this time.
3. This paper consists of **TWO SECTIONS**, namely SECTION A & SECTION B:
 - **SECTION A** has two parts: Part I - 30 Multiple Choice Questions
Part II - 4 Short Answer Questions
All questions under SECTION A are COMPULSORY.
 - **SECTION B** consists of two Case Studies. Choose only **ONE** case study and answer the questions of your choice.
4. All answers should be written on the Answer Booklet provided to you. Candidates are not allowed to write anything on the question paper. If required, ask for additional Answer Booklet.
5. All answers should be written with correct numbering of Section, Part and Question Number in the Answer Booklet provided to you. Note that any answer written without indicating the Section, Part and Question Number will NOT be evaluated and no marks will be awarded.
6. Begin each Section and Part on a fresh page of the Answer Booklet.
7. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
8. Use of any other paper including paper for rough work is not permitted.
9. **You must hand over the Answer Booklet to the Invigilator before leaving the examination hall.**
10. This paper has **8 printed pages**, including this instruction page.

GOOD LUCK!

SECTION A

PART I: Multiple Choice Questions [30 marks]

Choose the correct answer and write down the letter of your chosen answer in the Answer Booklet against the question number e.g. 31 (d). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. Tashi is upset and has often felt stressed. She decides to visit a Psychologist, who then refers her to a Psychiatrist. Which of the reasons below is NOT true of Psychiatrists?
 - a) A Psychiatrist is a medically-trained doctor.
 - b) A Psychiatrist prescribes medication.
 - c) A Psychiatrist must complete a four year degree in Psychology.
 - d) A Psychiatrist performs medical procedures.

2. Karma is visiting a counselor to deal with anxiety issues. A Cognitive Psychologist would approach therapy of him in which of the following way?
 - a) Interview him about his thought processes and self-talk.
 - b) Provide him with medication.
 - c) Give him positive or negative feedback, depending on the desired environmental outcome.
 - d) Tell him he is only trying to reach his true potential and counsel him in an effort to find this.

3. Sonam is having trouble with his colleagues. Luckily, his workplace has some psychologist on hand for any issues. Sonam decides to go and visit them. The most likely type of Psychologist the workplace has is a/an
 - a) Clinical psychologist
 - b) Behavioural psychologist
 - c) Organisational psychologist
 - d) Forensic psychologist

4. Jigme is very orderly in the way he lives, and also very miserly with his money. According to Freud, these traits are associated with fixation at the _____ stage of development.
 - a) oral
 - b) anal
 - c) phallic
 - d) genital

5. According to the Association for Advancement of Behaviour Therapy, each of the following is an ethical consideration in the use of psychotherapy EXCEPT
 - a) The goals of treatment.
 - b) The fees (splitting the fees when necessary).
 - c) The choice of treatment methods.
 - d) Client confidentiality.

6. Wangdi has great admiration for his teacher. He attempts to imitate his teacher's lifestyle and mannerisms. This is an example of
 - a) Displacement
 - b) Projection
 - c) Sublimation
 - d) Introjection

7. Which type of psychotherapy views the process of helping others as a form of teaching?
 - a) Humanistic therapy
 - b) Behavior therapy
 - c) Psychoanalytic therapy
 - d) Client-centered therapy

8. Which of the following is a situation where it is appropriate for a therapist to breach confidentiality?
 - a) Spouse inquiry
 - b) Court order
 - c) Insurance company order
 - d) Relative asks a question

9. Which one of the following is a fundamental concept of feminist psychotherapy?
 - a) An equal relationship between therapist and client.
 - b) An awareness of anger over living in a sexist society.
 - c) Encouragement to consider the clients' needs as valid and worthy.
 - d) All of the above.

10. Which of the following would be good advice for someone considering a therapist?
 - a) Eclectic therapists are best because they can provide the widest variety of services.
 - b) Student counseling centers are usually staffed by students and recent graduates who do not have much experience.
 - c) Anybody can call themselves a "psychologist."
 - d) Referrals can be a good guide in choosing a psychologist.

11. _____ plays a significant role in equipping the student teacher for effectively guiding children and young people in their growth and development through learning.
 - a) Child psychology
 - b) Clinical psychology
 - c) Developmental psychology
 - d) Educational psychology

12. Which is NOT the type of question typically addressed by clinical assessment?
 - a) What is this person's diagnosis?
 - b) What type of intervention might be optimal?
 - c) Does this person have executive potential?
 - d) Does this person need to be hospitalized?

13. Which is the correct sequence of stages in Piaget's theory of cognitive development?
- Sensorimotor, preoperational, concrete operational, formal operational
 - Sensorimotor, preoperational, formal operational, concrete operational
 - Preoperational, sensorimotor, concrete operational, formal operational
 - Preoperational, sensorimotor, formal operational, concrete operational
14. Lungten, a junior high school student, regularly attends church because his family and friends think he should. Which stage of moral reasoning is Lungten in?
- Preconventional
 - Conventional
 - Postconventional
 - Too little information to tell
15. After a series of unfulfilling relationships, 30-year-old Penjor tells a friend that he doesn't want to marry because he is afraid of losing his freedom and independence. Erikson would say that Penjor is having difficulty with the psychosocial task of
- trust versus mistrust.
 - autonomy versus doubt.
 - intimacy versus isolation.
 - identity versus role confusion.
16. According to social learning theory, gender identity is
- A process which occurs when young children unconsciously identify with the same-sex parent.
 - A result of being positively reinforced for acting in ways that conform to male and female roles.
 - Learned through observing and imitating role models like their parents.
- I only
 - II only
 - III only
 - II and III only
17. Which of the following is one reason given that more women than men are treated for psychological problems?
- Women are subject to greater stress than men.
 - As a result of cultural norms, women may be more willing to admit distress.
 - Some forms of mental disorders are sex-linked recessive.
 - Developmental tasks required of women are far more difficult than those required of men.
18. A psychosis arising from an advanced stage of syphilis, in which the disease attacks brain cells is called
- Korsakoff's syndrome
 - Delirium tremens
 - Schizotypal psychosis
 - General paresis

19. Psychological dependence on mood- or behavior-altering drugs is known as
- Drug psychosis
 - Substance related disorder
 - Orthopsychosis
 - Psychotropic disorder
20. The most effective method of predicting that a mental patient will commit an act of violence is by
- Psychological tests
 - Psychiatric interviews
 - Psychological interviews
 - There is no effective method
21. _____ is an individual's ability to appreciate the strengths and weaknesses of one's own character.
- Self-Efficacy
 - Self-Esteem
 - Self-Awareness
 - Self-Regulation
22. _____ is a process that chooses a preferred option or a course of actions from among a set of alternatives on the basis of given criteria or strategies.
- Decision making
 - Problem solving
 - Conflict management
 - Reasoning
23. What is the appropriate order of four stages of Creative thinking?
- Illumination, Incubation, Verification & Preparation
 - Verification, Incubation, Illumination & Preparation
 - Preparation, Incubation, Illumination & Verification
 - Preparation, Illumination, Incubation & Verification
24. _____ theory maximized and _____ theory minimized the role of the unconscious.
- Trait; humanistic
 - Psychoanalytic; behaviorist
 - Psychoanalytic; humanistic
 - Trait; behaviorist
25. In most anxiety disorders, the person's distress is
- focused on a specific situation.
 - related to ordinary life stresses.
 - greatly out of proportion to the situation.
 - based on a physical cause.

26. Learning sex-appropriate behavior is greatly influenced by
- self-reinforcement and resolution of unconscious conflicts.
 - identification and imitation.
 - toilet training and early feeding contacts.
 - valuing and self-regard.
27. You are walking into a store when a man rudely cuts in front of you, almost shoving you, so that he may enter the store first. "What a jerk!" you think to yourself. As you enter the store, you see the same man performing an emergency tracheotomy on a woman with a collapsed windpipe. You have just
- discounted a person's actions due to situational demands.
 - self-handicapped.
 - overemphasized the object in this action sequence.
 - made the fundamental attribution error.
28. Which statement about physical attractiveness is FALSE?
- Beauty is a factor mainly in initial acquaintances.
 - Looks are less related to dating frequency for men than for women.
 - For men, there is little relationship between attractiveness and the achievement of status.
 - For marriage partners there is a tendency for attractive men to be paired with highly educated women with high incomes.
29. You are asked by a close friend to outline a complete text to aid her studying for a final exam. You refuse to help. Later, your friend asks if you would at least outline two chapters. Feeling guilty, you now agree to help. Your behavior is predicted by the
- Foot-in-the-face technique
 - High-ball effect
 - Low-ball technique
 - Door-in-the-face effect
30. Defense mechanisms include all of the following, EXCEPT
- Denial
 - Splitting
 - Talking
 - Sublimation

PART II – Short Answer Questions [20 marks]

This part has 4 Short Answer Questions. Answer ALL the questions. Each question carries 5 marks. Mark for each sub-question is indicated in the brackets.

1. A client with alcohol use disorder has recently undergone medical detoxification at a hospital, and has been referred to a counselor to attend group therapy sessions. In the context of group therapy, briefly answer the following questions:
- What is group counseling? (1 mark)
 - What are the various types of treatment groups? (1 mark)
 - How do you prepare the client for the group counseling session? (2 marks)
 - List some group facilitation skills? (1 mark)

2. During a counseling session, the client expressed that she had experienced an overwhelming stress in the form of witnessing a close friend commit suicide and feeling helpless about it. Briefly answer the following questions:
 - a) What is crisis management? (1 mark)
 - b) What are some of the guidelines for crisis management? (1 mark)
 - c) What are suicide indirect warning signs? (1 mark)
 - d) List some risk factors for suicide? (2 marks)

3. Briefly answer the following questions:
 - a) List the dysfunctional roles taken on by people with co-dependency? (1.5 marks)
 - b) What is Motivational Interviewing (2 marks)
 - c) Family Therapy (1.5 marks)

4. Explain the addiction model of reward pathway or cycle in the brain? (5 marks)

SECTION B: CASE STUDY [50 marks]

Choose either Case I or Case II from this section. Each case study carries 50 marks. Mark for each sub-question is indicated in the brackets.

CASE I

Patient's profile:

In the middle of the night, 29-year-old Kesang wakes up her husband with complaints of “I think I am going crazy”; and her husband brings her to the Emergency Department. She states that for the past 3 months she has been experiencing sudden episodes of palpitations, sweating, trembling, shortness of breath, chest pain, dizziness and feeling as if she was going to die. She states that the first time this happened was when she was walking down the street, not thinking about “anything in particular”. The episode lasted approximately 15 minutes, although the patient says that it felt like it lasted much longer.

Since that time she has had similar episodes once or twice a day that have occurred unexpectedly in different situations. As a result, she finds herself worrying almost constantly about when she is going to have another attack. She denies having any other symptoms. She has been to the Emergency Department twice in the past 2 weeks, convinced that she is going to have another heart attack.

Scenario:

The next day, the case was transferred to Psychiatric ward. Kesang was managed with anxiolytics, and SSRIs medications. She was then, referred to the Clinical Counselor for psychological assessment and counseling sessions.

1. In accordance with the case profile and scenario, what is the most likely diagnosis? What are anxiety disorders? (5 marks)

2. How will you perform psychological assessment in this case? (10 marks)

3. What is Agoraphobia? What are the various anxiety disorders as per WHO, ICD-10? (10 marks)
4. What are some of the causes of anxiety? (10 marks)
5. What is case management? (5 marks)
6. What are the basic principles of case management? (10 marks)

CASE II

23-year-old Choden is admitted to the inpatient psychiatric unit after slashing both wrists when her therapist left for a week's vacation. The cuts were superficial and did not require stitches. She says that she is angry with her psychiatrist for "abandoning her". She claims that she is often depressed, although the depression lasts "only a couple of hours". When she was first admitted to the hospital, she told the admitting psychiatrist that she heard a voice telling her that "she will never amount to anything", but she subsequently denies having heard the voice. This is the patient's fourth hospital admission, and all of them have been precipitated by someone in her life leaving. After three days in the unit, the patient's psychiatry resident doctor gets into an argument with the nursing staff. He says that she has been behaving very well, responding to his therapy, and is deserving of an out pass. The nurse claims that the patient has not been following unit rules, sleeping through her group meetings, and ignoring the limits set. Both parties go to the head of department complaining about the other.

1. In accordance with the case profile and scenario, what is the most likely diagnosis? What defense mechanism is being employed by the patient? (5 marks)
2. What is a defense mechanism? Enumerate defense mechanisms used by these patients? (10 marks)
3. What are personality disorders? What are the categories of personality disorders? (10 marks)
4. What is transference and counter transference? (5 marks)
5. What is Dialectical Behavior Therapy (DBT)? (10 marks)
6. How will you perform a four-step procedure for suicide intervention? (10 marks)

TASHI DELEK