

Counseling Psychology
Comprehensive Exam Study Guide
MS Family Counseling

Below you will find some of the key concepts from each course that were provided by the lead teacher for the course. It is NOT comprehensive of the information presented in the course but should provide a reasonable framework from which to study. Remember that the current Comprehensive Exam in Counseling Psychology is Multiple Choice in format.

MS in Family Counseling: The Comprehensive Exam for this program is Essay/Short Answer. The exam has two parts.

Part I lists the required courses for this degree. You are required to choose two of the courses listed below from which to answer one question each. You will present a total of two (2) answers for Part I. You cannot answer two questions from the same course.

Part II will list the Clinical and Base Concentration courses you took to complete your degree. You are required to choose three (3) of the courses listed below from which to answer one (1) question each. You will present a total of three (3) answers for Part I. You cannot answer two questions from the same course.

Good luck on the Comprehensive Examination.

PY520 The Diagnostic Process for Mental Disorders

Use of the DSM-V

Difference between the DSM-V and the DSM-IV-TR

Bipolar I, Bipolar II, and Cyclothymic Mood Disorder

Persistent Depressive Disorder

Major Depressive disorder

Social Anxiety Disorder

Schizophrenia, Schizophreniform and Schizoaffective

Attention Deficit Disorder, Inattentive, Hyperactive, and combined

Oppositional

Defiant Disorder.

Schizophreniform Disorder

Dissociative Personality Disorder

Depersonalization/Derealization Disorder

Generalized Anxiety Disorder

PY525 – Personality Assessment

Components of Test Reliability

Components of Test Validity

Ethical Responsibility in Personality Assessment

Importance of normative sampling

Objective versus subjective personality assessments

Be familiar with the following Personality Assessments. Familiarity would include Development, Target population and normative sample, administration, scoring, interpretation and application to the clinical process.

MMPI-2

MCMI-III

Rorschach

Draw-A-Person

Thematic Appreciation Test

PY526 – Marriage and Family Therapy

Bowen

Milan

Whitaker

Satir

Closed Family Systems

Strategic Family Therapy

Enmeshment vs Disentanglement

Experiential Family Therapy

Use of Paradox in Family Therapy

Structural Family Therapy

Multicultural Concepts in Family Therapy

Transgenerational Family Therapy

Experiential

Cognitive-Behavioral

PY 527 – The Therapeutic Relationship

Therapeutic Inquiry

Empathic Response

Egan's Stages of Psychotherapy

Egan's Stages of Change

Rational Emotional Behavioral Therapy

Motivational Interviewing

Summarizing

Empathic Listening

Therapeutic Silence

Probing

Sympathy

Empathy

Parroting

Structure of the Therapeutic Hour

Resistance

Characteristics of the Effective Counselor/Therapist.

PY528 Health Psychology

Leading causes of death in the United States

Necessity and importance of the Nuremberg Trials

Roles of the Health Psychologist – At least three

Abuse of the medical system

Role of the sympathetic nervous system in the stress response

Atherosclerosis

Biofeedback

Strategies to reduce stress

Elements of health living

Components of a healthy diet

Long-term effects of stress

Short-term effects of stress

PY529 – Psychopharmacology

The role of the Hypothalamus in the regulation of emotion

Anatomy of the neuron cell

Noradrenergic Pathways

The function of specific neurotransmitters in regulating emotion, including:

Norepinephrine

Epinephrine

Serotonin

Dopamine

GABA

The metabolic and physiologic action of Ethel Alcohol

The metabolism and physiologic action of:

Psychostimulants

Cocaine

Amphetamines

Psychedelic drugs

Methylphenidate

Scopolamine

LSD

Psilogbin

Salvinorin

Marijuana

Opiates

Antipsychotics

Benzodiazepines

PY530 – Advanced Social Psychology

Concept of conformity

Concept of Group Think

Concept of Asch's Conformity Experiment

Schachter and Singer (1962)

Milgrams's Study

Darley and Latane

Theory of Bystander Intervention

Petty and Cacioppo on Persuasion

Factors that affect changes in attitudes as related to Social Psychology

Harold Kelly and Research Theory

Aronson

Halo Effect

Tajtel's Research

Confirmation Bias

Cognitive Dissonance

Instrumental Aggression

Catharsis

Concept of Prejudice.

PY535 Advanced Techniques in Family Counseling

Transactional Patterns of the family

"Therapeutic Double-Blind"

"Joining" with the client

Therapeutic Mobility

Developing a Research Posture

Metaphorical Interventions

Administrative Control

PY550 – Theory of Personality

Freud and the Conflict Model

Jung's Theory of Personality

Epigenetic Principle

Inherent Potential

Adler

Fulfillment Model

Kelly

PY555 Systems Theory in Psychology

Cybernetics

The Macy Conferences

Gregory Bateson

Norbert Wiener

Reciprocal Determinism

Circular Causality

PY560 Psychological Tests and Measurements

Normative Sample

Target Population

Informed Consent in Psychological Assessment

WISC

WAIS

Clinical Interview

Social History

Validity

Reliability

Criterion Reference based assessments

Empirical evidence based assessments

Trait based assessments

T-Score

Therapeutic question

PY563 Assessment Techniques in Family Therapy

Jay Haley

Salvador Manuchin

Gregory Bateson

Sigmund Freud

Functional and Dysfunctional patterns in Family Counseling

Structural Family Theory

Genogram

Spousal Subsystem

PY570 – Systems of Psychotherapy

Alfred Adler

Albert Ellis

Rational Emotive Behavioral Therapy

Gestalt Therapy

Freud

Classical Psychoanalysis

Analytical psychoanalysis

Carl Rogers

Person Centered Theory

Self Actualization

Conflict Model

CO 540 Introduction to School Counseling

What defines the duties of a school counselor

FERPA

Erikson's Theory of Personality Development

Individuals with Disabilities Educational Act

School Counselor Performance Standards

The MEASURE Program

Developmental stages of school aged children

CO 541 Techniques of Counseling

The Cleint Interview

Productive Behaviors of the school counselor

Developing Guidance Programs in schools

Producing a Needs Assessment

RTI Method

Anecdotal Notes

CO 542 Career Development and Counseling

Types of Student Vocational Development

No Child Left Behind

NOSCA

Dangers of Social Media

Dangers of Internet Surfing

FERPA

CO 543 Counseling Children and Adolescents

Cyber-Bullying

Cognitive Behavior Therapy

The Progression of a Comprehensive School Counseling Program

Levels of physical development normally seen in school aged children

Ability-Achievement Discrepancy Model

Individual Educational Program (IEP)

American's with Disabilities Act

Anorexia

Social Reinforcers

Roles of the school counselor in elementary, middle and high school settings

The MEASURE Program

CO 545 Diagnostic Techniques in School Counseling

Computer Assisted Counseling

Test Validity

Test Reliability

Multi-cultural perspectives in school counseling

Stanine Coring Systems

FERPA

Phases of Cognitive Behavioral Therapy

Uses of electronic surveys

Exceptionality

Nominal Measurement

Renewing Evaluation

Process Evaluation

Outcome Evaluation

Impact Evaluation

Individual Education Program (IEP)

CO546 Group Counseling

“Attending Behaviors”

Responsive Services

Characteristics of a support group

Collaborative Consultation

Characteristics of a strong group leader

Empathy responses

Systematic Desensitization

Reward systems

Yalom’s Curative Factors

Purpose of progress monitoring

The Consultation process

The benefits of Behavioral Therapy

Results Based Model

CO547 Counseling Multicultural Populations

Components of At Risk Student programs

An Etic Perspective

An Emic Perspective

A Culturally Competent Perspective

A Collectivistic Perspective

Inclusive Definition of Multiculturalism

A Responsive Service

Empathy responses versus Interpretative Responses

Advantages of Observation in Personal Data Collection

Discriminant Validity

Convergent Validity

Content Validity

Predictive Validity