

**REVIEW STUDY GUIDE**  
**Counseling Issues I**  
**COU321**

1. Name four purposes or goals of Christian Counselors.
2. Make a distinction between pastoral care, pastoral counseling, and pastoral psychotherapy.
3. A sincere desire to help others is a valid reason for becoming a counselor. But there are other issues, sometimes unrecognized, that can interfere with your effectiveness. When you counsel primarily to meet your own needs, you are not likely to be of much help to your counsees. Name five needs of counselors which can interfere with counseling.
4. Sometimes a counselor can become confused concerning his role in counseling. For example he may simply be “visiting” instead of counseling. Name five other potential areas of role confusion.
5. By agreeing to help others, we are opening ourselves to the possibility of power struggles, exploitation, and failure. There are three common ways by which people frustrate the counselor and increase his or her vulnerability. What are they?
6. What is transference? Give an example.
7. Counseling often involves the discussion of intimate details that would never be discussed elsewhere--especially between a man and a woman who are not married to each other. Name five ways to deal with such situations.
8. Define anxiety. What does the Bible say about anxiety?
9. Give seven signs of depression.
10. There are five major distinct ways a counselor can help a counselee in dealing with anger. What are they?
11. What are the three types of guilt?
12. Identify some of the interpersonal changes in adolescents which cause problems.
13. What are some other areas of concern for adolescents?
14. Which two ways can counseling adolescent problems be approached?
15. Identify four steps in the counseling process with adolescents.
16. The challenges of young adult years could be grouped into four major categories. What are they?
17. If individuals are to live successfully as adults, they must continue to develop competence in several skill areas. Name six such areas.
18. In finding direction for their lives, two major choices must be made by young adults if they are to move smoothly through this period of time. What are these two major choices?
19. What is the “Stuck Syndrome” of young adulthood?
20. What are some positive aspects of middle age? Some negatives associated with middle age?
21. What are some physical changes of middle adulthood?
22. What are some psychological changes of middle adulthood?
23. What is meant by “the sandwich generation?”
24. What are the three major causes of interpersonal relations discussed in this course?
25. Prevention is always better than remedy. What would you instruct a counselee in preventing or improving poor interpersonal relationships?
26. There are four areas of family/marital concerns of middle adulthood. What are they?
27. What is meant by “the sandwich generation?”
28. Define child abuse.

29. Name three causes of child abuse.
30. Abuse can affect feelings, thinking, and actions. List three effects suffered by the abused in each of these areas.
31. Name five ways one can help children of abuse.
32. Why do children rarely report abuse?
33. You can suspect abuse or neglect by observing several symptoms or signs. Name five such signs.
34. Name three inappropriate behaviors which could indicate child sexual abuse.
35. Most often when an abuser is confronted, what is the normal response? Name three possible responses.
36. Counseling abusers is often a long-term process dealing with the counselee's \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Many lack \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ skills.
37. How you describe yourself in terms of your character traits, strengths, thoughts, attitudes, and feelings is your \_\_\_\_\_. Your personal evaluation of your worth, competence, and significance is your \_\_\_\_\_.
38. What are three essential components of a healthy self-image?
39. We have a positive self-image, not because of human \_\_\_\_\_ and human \_\_\_\_\_ but because of God's \_\_\_\_\_ and \_\_\_\_\_.
40. Name five causes of inferiority and low self-esteem.
41. Give a definition of "grief." When does grief become abnormal, pathological, and complicated? How would you counsel someone who is suffering pathological grief?
42. Biblical teaching on children and parental guidance can be divided into two categories: comments about \_\_\_\_\_ and comments about \_\_\_\_\_ and \_\_\_\_\_.
43. Mothers and fathers have a responsibility to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and to \_\_\_\_\_.
44. Name five causes of child-rearing problems.
45. There are other influences, including traumatic early experiences, which can cause problems later in life. Name five such incidents or influences.
46. What are the three major responsibilities a counselor has in working with the problems of children?
47. Children often can not or simply do not communicate as freely as adults. In such cases, what are three techniques a counselor can use?
48. Sometimes children are spontaneous and share their worries and concerns openly. At other times, it is helpful to ask questions to help them open up. What are some questions which can be asked?
49. When counseling children, why is it important to also see the parents?
50. In marriage counseling, often there is interpersonal tension that frequently centers on one of the several issues. Name five such issues.
51. Sometimes marital tensions appear or are made worse because of the *external* pressure that comes from other people or from stressful situations. Name five such people or situations.
52. Name five counseling goals in marriage counseling.
53. Give five reasons for premarital counseling.
54. Name five goals for premarital counseling.

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The first 36 questions are due at the beginning of the fourth week of classes. The second 18 questions are due at the beginning of the sixth week before the exam is administered. All questions should be answered on separate sheets and should be typed. If you do not have the means to type your assignment, then it becomes your responsibility to have someone type them for you (only typing; no answers from someone else!). Your grade will depend upon the following:

55. Attendance. (All absences must be excused and the class must be made up).
56. Grade on first 25 questions.
57. Grade on second 25 questions.
58. Final exam grade.