

# **STUDY GUIDE**

## **Counseling Issues II**

### **COU322**

1. Define anxiety.
2. Name at least three different categories of anxiety.
3. Make a distinction between “normal anxiety” and “neurotic anxiety.”
4. Name three causes of anxiety.
5. What are stressors?
6. What are some physiological effects of stress?
7. What are some hormonal factors which can lead to stress? (Name at least three).
8. What is the “Social Readjustment Rating Scale” by Holmes and Rahe?
9. Name at least five ways to deal with stress overload.
10. Sometimes we may have physical illnesses that we are not aware of which cause stress on the body. Name three such illnesses.
11. Give some examples of “Pick-Me-Up's.”
12. Give some examples of “Put-Me-Downs.”
13. Loneliness may be defined as having two aspects, each of which must be present for the condition to occur. What are they?
14. What is the difference between “loneliness” and “isolation?”
15. Make a distinction between “loneliness” and “grief.”
16. What are some suggestions a counselor can give to a counselee who is dealing with loneliness?
17. What is the difference between “realistic fear” and “unrealistic fear?” Give an example of each.
18. How is worry a form of fear?
19. What does the Bible say about fear?
20. Name at least three things we can do to stop worrying.
21. What is anger? Is it wrong?
22. When is anger considered constructive?
23. Name three ways anger can be sinful.
24. What are four theories explaining the cause of anger?
25. What is the effect of holding back or withdrawal in dealing with anger?
26. Name four ways a counselor can help a counselee with anger.
27. Give four conclusions about human anger.
28. What are some of the warning signs of depression? Name at least five.
29. What are some causes of depression?
30. Lifestyle management is crucial in maintaining recovery from depression. Name five things a person could do in dealing with depression.
31. Name four danger signals of suicide.
32. What is a typical profile of a person who is most subject to suicide (age, gender, race, socio-economic status, religion, etc.)
33. Make a distinction between primary prevention, secondary prevention, and tertiary prevention.

34. Give a brief summary how suicide became generally accepted as a sin.
35. What are the four stages of bereavement?
36. What are some issues that can be dealt with in secondary prevention of suicide?
37. What are some approaches a pastor can use in dealing with suicide survivors?
38. What is the best means of primary prevention of suicide?

These study questions are to be answered and turned in as two separate papers. The first 20 questions represent the first paper and is due by the beginning of the fourth week of class.

Questions 21-38 represent the second paper, which is due before the final examination is taken.

All questions are to be answered on separate paper. These answers should be as complete and scholarly as possible. All assignments are to be typewritten.

**Your final grade will be dependent upon:**

39. Grade of first assignment.
40. Grade of second assignment.
41. Final exam grade.