



List of questions for the Basic Course Exam

Theoretical exam

From the following list of questions each student will extract one subject. The student will have 5-10 minutes to prepare the answer and then 10 min to present the answer. If the student fails to present the extracted subject satisfactorily (the data presented are very brief or incorrect) it is ok to take another subject. The exam is organized in groups of 5-6 participants (as a colloquium, i.e., 5-6 questions per group).

List of questions for Basic Course exam:

1. What does "positive connotation" mean in PPT? Give an example.
2. How can you use the balance model for life energy?
3. How can you describe the conflict reactions on the balance model?
4. What is the model dimension? Give an example how to use this instrument.
5. What are the three stadiums of interaction? Why are they important for counseling? How do we use them in counseling?
6. What is the actual conflict? Give an example.
7. What is the key conflict? What does key conflict mean? How do we work with it?
8. Give an example for an inner conflict. What is the link between inner conflicts and basic conflict?
9. How do you define the Balance Model? Which parts of the Balance Model do you know and how do you explain them to your client?
10. What does macro-trauma mean? How do you find out about the existence of macro-trauma in your client and how is it related to the Balance Model?
11. Which reactions of escape do you know in the Balance Model? How do you explain their existence to your client? Which role does it play in counseling?
12. What are resources in terms of the Balance Model? How do you explain these to your client? What is the aim of this illustration?
13. What is the micro-trauma-theory? How do you apply it in practice?
14. What is the Differentiation Analytical Inventory (DAI)? How do you apply and use it?
15. What do you know about actual capabilities (secondary and primary) and their development? How do you apply this in counseling?
16. Give the definition and explain the dynamic and outcomes of "basic conflict". Give some examples.
17. What questions help you to understand the basic conflict?
18. How is actual conflict related to basic conflict? Give an example.
19. What is the function of symptom, illness, and conflict? Give an example.
20. What coping strategies do you know? How do they function? Give an example.
21. Why is PPT a psychodynamic and a humanistic method? How do you use both of them in counselling?

22. Which are the 3 main principles of PPT?
23. Which are the stages of interaction? Which role do they play in the counselling? Give an example.
24. How do you use the client-counselor relationship in the counseling process? Give an example.
25. What is the difference in the client-counselor relationship between PPT and other methods?
26. How do you explain the Five Steps of PPT counseling?
27. What is Model Dimension? How do you ask your client to identify the basic conflict in Model Dimension?
28. How could the transcultural aspect of PPT be used in counseling?
29. Which meaning and function do stories have in Positive Psychotherapy interventions? Tell one story and its application in the counseling process.
30. What techniques do you use in Observation Distancing?
31. What techniques do you use in Inventorying?
32. What techniques do you use in Situational Encouragement?
33. What techniques do you use in Verbalization?
34. What techniques do you use in Broadening the Goals?