

Chapter 2: Knowing Your Values

Student: _____

1. Which of the following is **not** a value on which helping relationships are based?
 - A. Assuming responsibility for one's actions
 - B. Practicing self-control
 - C. Being committed to marriage, family, and other relationships
 - D. Practicing good habits of physical health inconsistently
 - E. None of the above

2. Lucinda is seeking help to determine whether she should remain in a stagnant relationship. Her counselor should
 - A. take an authoritative stance and tell her what to do.
 - B. help Lucinda examine her options carefully before making a decision.
 - C. reveal her own values about relationships with the hope of persuading Lucinda to adopt her values.
 - D. both a and c

3. Before revealing your values to a client, you should ask yourself which of the following questions?
 - A. Why am I disclosing and discussing my values with my client?
 - B. How will disclosing my values benefit my client?
 - C. How vulnerable is my client to being unduly influenced by me?
 - D. Is my client too eager to embrace my value system?
 - E. All of the above

4. When you find yourself struggling with an ethical dilemma over value differences, the best course to follow is to
 - A. seek consultation.
 - B. trust your instincts.
 - C. refer your client to another counselor.
 - D. terminate your relationship with your client.
 - E. both c and d.

5. Working with lesbian, gay, and bisexual (LGB) individuals often presents a challenge to helpers who hold_____ values.
- A. ethical
 - B. conservative
 - C. liberal
 - D. democratic
 - E. none of the above
6. The helper's value system has a crucial influence on
- A. the formulation and definition of the problems that helpers see in a family.
 - B. the goals and plans for therapy.
 - C. the direction the therapy takes.
 - D. all of the above.
7. Helpers who work with lesbian, gay, and bisexual clients
- A. must become aware of their personal prejudices and biases regarding sexual orientation.
 - B. have an ethical obligation to not allow their personal values to intrude into their professional work.
 - C. need to understand the ways in which prejudice, discrimination, and multiple forms of oppression are manifested in society toward LGB people.
 - D. all of the above.
8. Rita, a private practitioner, often meets with couples who are dealing with the fallout of extramarital affairs. As an ethical practitioner, Rita should
- A. be careful not to impose her values on her clients intentionally or unintentionally.
 - B. take the side of the person who seems most affected by the infidelity and refer the other person to a different therapist.
 - C. counsel the innocent party to leave his or her cheating spouse.
 - D. self-disclose about problems in her own personal relationships in order to make her clients feel more comfortable about sharing their painful issues.
9. As a couple's therapist, it is unethical for the therapist to determine the goals of the individuals involved, with the exception of cases involving
- A. infidelity and alcoholism.
 - B. abuse and danger.
 - C. older adults suffering from dementia.
 - D. clients who ask the therapist to determine the goals.
 - E. all of the above.

10. Gender-role stereotypes

- A. serve a purpose and are not easily modified.
- B. typically do not serve a purpose and are easily modified.
- C. should never be discussed in counseling.
- D. are always unethical.
- E. both c and d.

11. Assuming that remaining married would be the best choice for a female client in an unsatisfying marriage is an example of

- A. sound clinical judgment.
- B. high moral standards.
- C. bias.
- D. irrational thinking.

12. Michael is hesitant to seek counseling for his work-related problems because he believes that he should find the inner strength to resolve his issues due to his strong religious values. If he decides to see a counselor, it will be important for the counselor to

- A. view his religious values as a potential resource in promoting his well-being.
- B. challenge his belief that religion is a source of healing.
- C. ignore the influence of religion in his life since Michael's issues have nothing to do with religion.
- D. adopt Michael's religious values in order to work effectively with him.

13. Including questions in the assessment process pertaining to a client's spirituality and religion serves which of the following purposes:

- A. obtaining a preliminary indication of the relevance of spirituality and religion for the client
- B. gathering information that the helper might refer to at a later point in the helping process
- C. indicating to the client that it is acceptable to talk about religious and spiritual concerns
- D. all of the above

14. In cases in which clients are considering abortion, counselors can be charged with negligence when they

- A. do not act with skill and withhold relevant information or provide inaccurate information.
- B. do not refer a client when they are not competent to work in this area.
- C. make an inadequate referral.
- D. all of the above
- E. a and b only

15. What is the function of a counselor in cases pertaining to end-of-life decisions?

- A. To convince terminally ill clients to not act on their wishes to end their lives prematurely
- B. To maximize client self-determination
- C. To remove the client's burden of having to make the end-of-life decision by making it for them after conducting a thorough assessment
- D. To persuade clients to adopt a religious mindset before making any decisions
- E. none of the above

16. Based on studies of attitudes toward suicide, the decision to end one's life is viewed as

- A. a basic personal right
- B. a sign of moral evil
- C. a sign of societal pathology
- D. all of the above
- E. b and c only

17. Which of the following is **not** mentioned in the text as a guideline for dealing with end-of-life issues?

- A. Assess your clients' capacity to make reasoned decisions about their health care.
- B. Determine the degree to which clients' decisions are congruent with their cultural and spiritual values.
- C. Avoid including clients' significant others in the counseling process to ensure that the client's decision is not influenced by them.
- D. Keep risk-management-oriented notes.

18. Stacey and Jim have been struggling as a couple ever since Stacey was promoted at work and given a substantial salary increase. They come to therapy with the goal of deciding whether to remain a couple or break up. As their couples therapist, it would be best if you

- A. assist them in exploring and evaluating cultural messages they received about gender-role expectations.
- B. facilitate their awareness in order to help them make self-directed choices.
- C. use your expertise to offer them advice about the decision they should make.
- D. all of the above
- E. a and b only

19. Which of the options below are unhealthy possible outcomes when therapists impose their own values?

- A. triangulation
- B. collusion
- C. alignment
- D. all of the above
- E. a and b only

20. The Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) has developed a set of specific competencies. The main purpose of these competencies is
- A. to help trainees examine their personal biases and values regarding lesbian, gay, bisexual, and transgender individuals.
 - B. to persuade trainees to abandon their religious beliefs since most religions frown upon homosexuality.
 - C. To empower LGBT clients to become competent advocates for LGBT issues.
 - D. To train clinicians who identify themselves as LGBT to counsel heterosexual clients.

21. _____ dictate(s) that helpers seriously consider the impact of their values on their clients and the conflicts that might arise if values are sharply different.
- A. Value differences
 - B. Ethical practice
 - C. Practical knowledge
 - D. Common sense
 - E. Legal practice

22. Joe, age 13, has been acting out since his mother moved her boyfriend into the house a few months ago. Marge is angry with his reaction since she has been divorced for five years and thinks that she has a right to a life of her own. Joe has indicated that he feels misplaced by her boyfriend and wants to live with his father. Marge and Joe came to the counseling center to deal with her frustration and guilt regarding the situation. It would be best to start with the following:
- A. Talk to the mother about her selfishness concerning meeting her own needs at the expense of her son's feelings.
 - B. Confront Joe about his acting-out behavior and ask what he might do to make the situation with his mother healthier.
 - C. Act as a mediator, giving each of them a chance to share their thoughts, and seeking empathy from both sides so a decision can be made for the benefit of all concerned.
 - D. Self-disclose an experience in which you had to make a decision that produced frustration and guilt.
 - E. Assure the mother that she has no need to feel guilty.

23. There should be _____ instances where you would have to tell clients that you could not work with them because you do not agree with their value system.
- A. no
 - B. very few
 - C. some
 - D. many

24. Justin and Nadia have been in couples counseling for over a year, yet never seem to carry out the homework assignments they are given. The counselor should
- A. assume that hard work is not one of their values.
 - B. tell them that the counseling is going nowhere because they are not working hard enough and terminate counseling.
 - C. conclude that deep down they want their relationship to end and advise them accordingly.
 - D. none of the above.
25. _____ would **not** look at the husband when talking about making decisions and look at the wife when talking about home matters and rearing children.
- A. Nonsexist family therapists
 - B. Sex therapists
 - C. Sexist family therapists
 - D. Intelligent therapists
26. Researchers have found evidence that clients tend to change in ways that are consistent with the values of their counselors, and clients often adopt the values of their counselors.
- True False
27. Counselors should not be too quick to refer their clients and should consider a referral only as the last resort.
- True False
28. No one is exempt from the influence of negative societal stereotyping, prejudice, and even hatefulness toward LGB people.
- True False
29. Today the major American mental health professional associations, except for the American Psychological Association, have affirmed that homosexuality is not a mental illness.
- True False
30. It is useful for female clients to explore and evaluate cultural messages they received about gender-role expectations; however, it is less useful for male clients since it is unlikely that they were oppressed growing up on the basis of their gender.
- True False

31. Spirituality is being addressed more often now in both assessment and treatment.

True False

32. If religion does not occupy a key place in a client's life, counselors can assume that personal spirituality is not a central force either.

True False

33. Holding a definite system of religious values is almost always a problem for counselors since they tend to want their clients to adopt their values.

True False

34. From a legal perspective, mental health professionals are expected to exercise "reasonable care," and if they fail to do so, clients can take legal action against them for negligence.

True False

35. The matter of parental consent in working with minors varies from state to state.

True False

36. At times, it is useful for helpers to expose their values to clients.

True False

37. All of the codes of ethics of the various mental health professions now have very specific guidelines that will enable helping professionals to deal with confidence with clients who are grappling with end-of-life decisions.

True False

38. Merely having a conflict of values does not necessarily imply the need for a referral.

True False

39. Seeking supervision is especially important in cases of value conflicts between a helper and a client.

True False

40. It is neither possible nor desirable for helpers to remain neutral or to keep their values separate from their professional relationships.

True False

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