

# Test Bank

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for

## **Theory and Practice of Counseling and Psychotherapy**

**Ninth Edition**

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## Chapters 1 [Back to Top](#)

### Introduction and Overview

#### MULTIPLE-CHOICE TEST ITEMS

Note: Below are test items for chapter 1 of *Theory and Practice of Counseling and Psychotherapy*.

1. Synthesizing the approaches covered in the text:
  - a. can easily be accomplished after taking an introductory course.
  - b. is usually mastered by the end of the first year of one's graduate program.
  - c. often requires many years of study, training, and practical counseling experience.
  - d. rarely, if ever, happens and is a completely unrealistic goal.

ANS: C      PG: 5

2. Which one of the following is *not* considered an experiential and relationship-oriented therapy?
  - a. Gestalt therapy
  - b. family systems therapy
  - c. existential approach
  - d. person-centered approach

ANS: B      PG: 10

3. Which one of the following is *not* associated with the cognitive-behavioral action-oriented therapies?
  - a. existential therapy
  - b. cognitive therapy
  - c. reality therapy
  - d. behavior therapy
  - e. rational emotive behavior therapy

ANS: A      PG: 10

4. Which humanistic approach emphasizes the basic attitudes of the therapist as the core of the therapeutic process?
  - a. psychoanalytic therapy
  - b. Adlerian therapy
  - c. person-centered therapy
  - d. cognitive-behavioral therapy
  - e. family therapy

ANS: C      PG: 12

5. Presenting one model to which all trainees subscribe
  - a. is what the counseling profession endorses at present.
  - b. is likely to be a reality by the year 2020 when the CACREP standards are revisited.
  - c. is dangerous in that it can limit their effectiveness in working with a diverse range of future clients.
  - d. is illegal in the Northeastern region of the U.S., but not in other parts of the country.

ANS: C PG: 5

6. The author makes a case for:
- initially getting an overview of the major theoretical orientations, and then delving more deeply into each approach.
  - delving deeply into one approach initially and then taking a superficial look at other theoretical models.
  - learning the theories of counseling only after starting to work with clients in order to make the theories more relevant.
  - the reader to choose the approach to which s/he subscribes.

ANS: A PG: 5

7. Which of the following statements about theories or models of counseling/ psychotherapy is true?
- Extensive research has shown that certain popular models of psychotherapy are “wrong.”
  - There is a clear place for theoretical pluralism in our society.
  - Accepting the validity of one model implies rejecting the validity of other models.
  - Theoretical pluralism has been frowned on by several major professional organizations.

ANS: B PG: 5

8. What type of factors oftentimes limit our freedom of choice?
- social
  - environmental
  - cultural
  - biological
  - all of these

ANS: E PG: 6

9. Which of these statements about interventions is true?
- It is helpful to use one type of intervention with most clients.
  - During the course of an individual’s therapy, different interventions may be needed at different times.
  - It is best to require clients to adapt to your approach to counseling and the interventions that you are skilled at using.
  - You should only use counseling interventions when you are certified or licensed.

ANS: B PG: 8

10. Which approach was developed during the 1940s as a nondirective reaction against psychoanalysis?
- person-centered therapy
  - family systems therapy
  - Adlerian therapy
  - reality therapy
  - cognitive therapy

ANS: A PG: 10

11. Francesca, a cognitive behavioral therapist, likes to give homework assignments to her clients. What might her rationale be for doing this?

- a. Homework can be a vehicle for assisting her clients in putting into action what they are learning in therapy.
- b. By assigning homework to her clients, she establishes her clear authority over them (as if she is their teacher).
- c. She is probably a novice therapist who is insecure about her skills; thus, by assigning homework, she may feel like she is being more productive.
- d. In order to be reimbursed by insurance companies, Francesca is required to give her clients homework assignments.

ANS: A      PG: 6

12. Which of the following statements best describes the author's view of the medical model?

- a. Corey appreciates the focus on psychopathology and believes it gives clinicians the tools to assess what's wrong with clients.
- b. A focus on the medical model restricts therapeutic practice because it stresses deficits rather than strengths.
- c. The medical model emphasizes strengths and competencies rather than psychopathology.
- d. The medical model is especially relevant for culturally diverse client populations.

ANS: B      PG: 7

13. A comprehensive approach to counseling:

- a. goes beyond focusing on our internal dynamics and addresses those environmental and systemic realities that influence us.
- b. focuses almost exclusively on the client's internal dynamics.
- c. focuses primarily on the therapist's internal reactions to the client's behavior.
- d. focuses only on systemic factors.

ANS: A      PG: 7

14. Effective psychotherapy is a practice in which:

- a. the therapist solves problems for clients.
- b. the therapist is merely a skilled technician.
- c. the client and therapist collaborate in co-constructing solutions to problems.
- d. the client is in complete control of the direction of the therapy.

ANS: C      PG: 7

15. Which of the following is *not* an issue that Stan struggles with?

- a. fear of being alone
- b. fear of intimate relationships with women
- c. substance use
- d. lacking a sense of direction and meaning in his life
- e. aggressive outbursts

ANS: E      PG: 14

### TRUE-FALSE TEST ITEMS

1. An undisciplined mixture of approaches can be an excuse for failing to develop a sound rationale for systematically adhering to certain concepts and to the techniques that are extensions of them.

ANS: T PG: 5

2. An integrative perspective is not developed in a random fashion.

ANS: T PG: 5

3. Since Corey challenges the deterministic notion that humans are the product of their early conditioning and, thus, are victims of their past, he believes that an exploration of the past is rarely useful.

ANS: F PG: 6

4. Both family therapy and feminist therapy are based on the premise that to understand the individual it is essential to take into consideration the interpersonal dimensions and the sociocultural context rather than focusing primarily on the intrapsychic domain.

ANS: T PG: 7

5. Psychotherapy is a process of engagement between two people, both of whom are bound to change through the therapeutic venture.

ANS: T PG: 7

6. Those practicing brief therapy are in business to change clients, to give them quick advice, and to solve their problems for them.

ANS: F PG: 11

7. With respect to mastering the techniques of counseling and applying them appropriately and effectively, it is Corey's belief that *you* are your own very best technique.

ANS: T PG: 7

8. Techniques can counteract a client–therapist relationship that is lacking in certain respects.

ANS: F PG: 8

9. Much of effective therapy is the product of artistry.

ANS: T PG: 8

10. Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.

ANS: T PG: 10

11. Reality therapy applies the principles of learning to the resolution of specific behavioral problems.

ANS: F PG: 11

12. Donald Meichenbaum is a prominent contributor to the development of cognitive behavior therapy.

ANS: T PG: 10

13. Reality therapy is based on choice theory and focuses on the client assuming responsibility in the present.

ANS: T PG: 11

14. Michael White and David Epston are the major figures associated with narrative therapy.

ANS: T PG: 11

15. An experiential approach is Gestalt therapy, which offers a range of experiments to help clients gain awareness of what they are experiencing in the here and now.

ANS: T PG: 12

## Chapter 2 [Back to Top](#)

### The Counselor: Person and Professional

#### MULTIPLE-CHOICE TEST ITEMS

Note: Below are test items for chapter 2 of *Theory and Practice of Counseling and Psychotherapy*.

1. It is especially important for counselors who work with culturally diverse client populations to:
  - a. be aware of their own cultural heritage.
  - b. have a broad base of counseling techniques that can be employed with flexibility.
  - c. consider the cultural context of their clients in determining what interventions are appropriate.
  - d. examine their own assumptions about cultural values.
  - e. all of these

ANS: E          PG: 25

2. According to the text, research shows that counselor values influence:
  - a. therapy goals.
  - b. assessment strategies.
  - c. treatment outcome.
  - d. all of these
  - e. none of these

ANS: D          PG: 23

3. Clients place more value on \_\_\_\_\_ than on \_\_\_\_\_.
  - a. the personality of the therapist; the specific techniques used.
  - b. the specific techniques used; the personality of the therapist.
  - c. the therapist's theoretical orientation; the quality of the services being provided.
  - d. the aesthetics of the therapeutic setting; the personality of the therapist.

ANS: A          PG: 19

4. Regarding psychotherapy treatment outcome, research suggests all of the following except:
  - a. the therapist as a person is an integral part of successful treatment.
  - b. the therapeutic relationship is an essential component of effective treatment.
  - c. both the therapy methods and the therapy relationship make contributions to treatment outcome.
  - d. therapy techniques are the key component of successful treatment

ANS: D          PG: 19

5. An authentic counselor is best described as:
  - a. having the highest regard for all clients.
  - b. being willing to be totally open and self-disclosing.

- c. being a technical expert who is committed to objectivity.
- d. being willing to shed stereotyped roles and being a real person.

ANS: D PG: 18

6. In the text, all of the following are listed as characteristics of the counselor as a therapeutic person except:
- a. counselors have a sense of humor.
  - b. counselors no longer have to cope with personal problems.
  - c. counselors feel alive and their choices are life-oriented.
  - d. counselors make mistakes and they are willing to admit them.
  - e. counselors appreciate the influence of culture.

ANS: B PG: 19

7. Which of the following statements about theories or models of counseling/ psychotherapy is true?
- a. Extensive research has shown that certain popular models of psychotherapy are “wrong.”
  - b. There is a clear place for theoretical pluralism in our society.
  - c. Accepting the validity of one model implies rejecting the validity of other models.
  - d. Theoretical pluralism has been frowned on by several major professional organizations.

ANS: B PG: 28

8. In the text, the main reason given for having counseling students receive some form of psychotherapy is to help them:
- a. work through early childhood trauma.
  - b. learn to deal with countertransference.
  - c. recognize and resolve their co-dependent tendencies.
  - d. become self-actualized individuals.

ANS: B PG: 21

9. Personal therapy for therapists can be instrumental in assisting them:
- a. to heal their own psychological wounds.
  - b. to gain an experiential sense of what it is like to be a client.
  - c. to understand their own needs and motives for choosing to become professional helpers.
  - d. to work through their own personal conflicts.
  - e. all of these

ANS: E PG: 22

10. With regard to the role of counselors’ personal values in therapy, it is appropriate for counselors to:
- a. teach and persuade clients to act the right way.
  - b. maintain an indifferent, neutral, and passive role by simply listening to everything the client reports.
  - c. avoid challenging the values of clients.
  - d. avoid the imposition of their values, yet expose their values to clients.

ANS: D PG: 23



11. The author describes the characteristics of an effective counselor. By including this information in the chapter, he is hoping to convey the message that:

- a. if you do not possess all of these characteristics, you are doomed to fail in the helping professions.
- b. deficits in these qualities almost always require years of psychoanalysis.
- c. you should develop your own concept of what personality traits you think are essential to strive for to promote your own personal growth.
- d. those who possess all of these qualities can bypass the requirement to participate in clinical supervision.

ANS: C            PG: 19

12. During an initial session, an adolescent girl tells you that she is pregnant and is considering an abortion. Which of the following would be the most ethical and professional course for you to follow?

- a. Encourage her to get the abortion as soon as possible, without exploring any other option.
- b. Steer her toward having her baby and then consider adoption for her baby.
- c. Suggest that she go to church and pray about her situation.
- d. Help her to clarify the range of her choices in light of her own values.

ANS: D            PG: 23

13. Culturally encapsulated counselors would be most likely to:

- a. depend entirely on their own internalized value assumptions about what is good for people.
- b. have an appreciation for a multicultural perspective in their counseling practice.
- c. recognize the cultural dimensions their clients bring to therapy.
- d. accept clients who have a different set of assumptions about life.

ANS: A            PG: 23

14. You are working with an ethnic minority client who is silent during the initial phase of counseling. This silence is probably best interpreted as:

- a. resistance.
- b. a manifestation of uncooperative behavior.
- c. a response consistent with his or her cultural context.
- d. a clear sign that counseling will not work.

ANS: C            PG: 25

15. Which of the following is *not* considered an essential skill of an effective culturally competent counselor?

- a. being able to modify techniques to accommodate cultural differences
- b. being able to send and receive both verbal and nonverbal messages accurately
- c. being able to get clients to intensify their feelings by helping them to vividly reexperience early childhood events
- d. assuming the role of consultant and change agent

ANS: C            PG: 26

16. Which of the following is *not* considered essential knowledge for a culturally competent counselor?

- a. knowing how to analyze transference reactions
- b. understanding the impact of oppression and racist concepts

- c. being aware of culture-specific methods of helping
- d. being aware of institutional barriers that prevent minorities from making full use of counseling services in the community

ANS: A PG: 26

17. Essential components of effective multicultural counseling include all of the following except:
- a. Counselors avoid becoming involved in out-of-office interventions.
  - b. Counselors feel comfortable with their clients' values and beliefs.
  - c. Counselors are aware of how their own biases could affect ethnic minority clients.
  - d. Counselors employ institutional intervention skills on behalf of their clients when necessary or appropriate.

ANS: A PG: 26

18. In working with culturally diverse clients, it helps to understand and assess:
- a. what these clients expect from counseling.
  - b. the degree of acculturation that has taken place.
  - b. the attitudes these clients have about seeking counseling for their personal problems.
  - c. the messages they received from their culture about asking for professional help.
  - e. all of these

ANS: E PG: 25

19. Which of the following is *not* a method of increasing effectiveness in working with diverse client populations?
- a. Learn about how your own cultural background has influenced your thinking and behaving.
  - b. Realize that practicing from a multicultural perspective will probably make your job very difficult.
  - c. Be flexible in applying techniques with clients.
  - d. Identify your basic assumptions pertaining to diversity.
  - e. Pay attention to the common ground that exists among people of diverse backgrounds.

ANS: B PG: 27

20. The \_\_\_\_\_ factors—the alliance, the relationship, the personal and interpersonal skills of the therapist, client agency, and extra-therapeutic factors—are the primary determinants of therapeutic outcome.
- a. logistical
  - b. contextual
  - c. psychodynamic
  - d. technical

ANS: B PG: 19

## TRUE-FALSE TEST ITEMS

1. If we are inauthentic, it is unlikely that our clients will detect it.

ANS: F PG: 18

2. A meta-analysis of research on therapeutic effectiveness found that the personal and interpersonal components are, at best, only moderately related to effective psychotherapy.

ANS: F PG: 19

3. Effective therapists are not the victims of their early decisions.

ANS: T PG: 19

4. Therapists should not admit their mistakes since that could diminish their clients' confidence in them.

ANS: F PG: 20

5. Truly dedicated therapists carry the problems of their clients around with them during leisure hours.

ANS: F PG: 20

6. The vast majority of mental health professionals have experienced personal therapy, typically on several occasions.

ANS: T PG: 21

7. Therapists need to be free of conflicts before they can counsel others.

ANS: F PG: 21

8. It is not our function to persuade clients to accept or adopt our value system.

ANS: T PG: 23

9. Your role as a counselor is to provide a safe and inviting context in which clients can explore the congruence between their values and their behavior.

ANS: T PG: 23

10. The general goals of counselors must be congruent with the personal goals of the client.

ANS: T PG: 23

11. If you try to figure out in advance how to proceed with a client, you may be depriving the client of the opportunity to become an active partner in her or his own therapy.

ANS: T PG: 24

12. Counselors from all cultural groups must examine their expectations, attitudes, biases, and assumptions about the counseling process and about persons from diverse groups.

ANS: T PG: 25

13. Practitioners must have had the same experiences as their clients in order to have empathy for them.

ANS: F PG: 27

14. The skill of immediacy involves revealing what we are thinking or feeling in the here and now with the client.

ANS: T PG: 29

15. Ideally, our self-care should mirror the care we provide for others.

ANS: T PG: 34