Theories of Counseling and Psychotherapy 5th edition Kress Test Bank

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Test Bank

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Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills

Fifth Edition

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Preface

This Test Bank has been designed to support instructors who are using the 5th edition of ***Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*** by Victoria E. Kress, Linda Seligman and Lourie W. Reichenberg. Test items for each chapter include multiple-choice questions and short essay questions. A separate answer key section with answers to all test questions for chapters 1-15 is included at the end of the test bank file.

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Chapter 1 Foundations of Effective Counseling

MULTIPLE CHOICE QUESTIONS

1. Research on counseling effectiveness
   (a) shows that counseling is usually effective.
   (b) is difficult to apply to unique situations.
   (c) tends to be biased in favor of counseling.
   (d) shows that short-term therapy is more effective than long-term therapy.

2. What are common factors in counseling?
   (a) Common set of variables in different forms of therapy that make all therapies effective.
   (b) The variables in counseling that clients view as important.
   (c) The characteristics in clients and counselors that makes counseling effective.
   (d) The process of orienting clients to counseling so they are more likely to become successful clients.

3. What is role induction?
   (a) The process of clients actively participating in the counseling process.
   (b) The process of orienting clients to counseling so they are more likely to become successful clients.
   (c) The ability of counselors to be genuine with clients.
   (d) Common set of variables in different forms of therapy that make all therapies effective.

4. All of the following are core conditions that contribute to a positive therapeutic alliance EXCEPT:
   (a) Empathy.
   (b) Unconditional positive regard.
   (c) Congruence.
   (d) Goal setting.

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5. Counselors should consider clients' _____ prior to selecting interventions and counseling theories in order to ensure that the interventions selected are appropriate for each clients' maturity level.

   (a) Development.

   (b) Expectations.

   (c) Personality.

   (d) Motivation.

6. All of the following are important aspects of cultural competence EXCEPT:

   (a) Awareness of own cultural values and biases

   (b) Understanding the worldview of culturally diverse clients

   (c) Developing culturally appropriate interventions

   (d) Understanding clients' developmental level

7. The second force of psychotherapy includes which type of approaches?

   (a) Psychodynamic approaches

   (b) Cognitive and behavioral approaches

   (c) Contextual/Systemic approaches

   (d) Existential-humanistic approaches

8. All of the following are common factors implicit in almost every form of successful therapy EXCEPT:

   (a) A collaborative therapeutic alliance between client and clinician.

   (b) Instilling hope and optimism.

   (c) A credible approach to address the client's presenting problems.

   (d) Improving coping, impulse control, stress reduction, and promoting behavioral change.

9. Which of the following people is strongly associated with the first force of counseling and psychotherapy?

   (a) Aaron Beck

   (b) Carl Rogers

   (c) Fritz Perls

   (d) Sigmund Freud

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10. The most powerful factor in change appears to be

    (a) clients' experiences and inner resources.

    (b) client optimism.

    (c) clinician expertise.

    (d) the techniques and interventions utilized.

11. Which of the following is a problem you would NOT expect to be presented by the Diaz family?

    (a) Edie's excessive use of alcohol

    (b) Edie's overprotection of her daughter

    (c) Ava's acting out

    (d) Roberto's over involvement in his work

12. Which of the following statements is false?

    (a) Some clients can benefit from treatment more than others regardless of theoretical approach.

    (b) The therapeutic alliance is an important determinant of treatment outcome.

    (c) Client motivation is an important determinant of treatment outcome.

    (d) Clients who do better in therapy attribute it to the techniques and interventions used.

13. Why is working from a strengths-based perspective important?

    (a) A strengths-based perspective ensures cultural competence.

    (b) A strengths-based perspective can instill hope through the building of personal competencies and can enhance growth.

    (c) A strengths-based perspective ensures that counselors consider clients' developmental level.

    (d) A strengths-based perspective is the main factor for promoting change.

14. The acronym ADDRESSING is important because:

    (a) It can improve the clinician's cultural competence.

    (b) It helps clinicians understand the effect of their client's address on their personality.

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(c) ADDRESSING provides an all-inclusive treatment modality.

(d) About 25% of therapists describe themselves as being culturally challenged.

15. Which of the following people is strongly associated with the third force in counseling and psychotherapy?

(a) Sigmund Freud

(b) Martin Seligman

(c) Albert Ellis

(d) Carl Rogers

16. Which client characteristic seems unrelated to outcome?

(a) intelligence

(b) age

(c) education

(d) socioeconomic level

17. The most powerful predictor of treatment outcome is the

(a) nature of the relationship between clinician and client.

(b) theoretical orientation of the clinician.

(c) client's sense of self-efficacy.

(d) number of counseling sessions.

18. A 30-year-old African American female says she would feel most comfortable with a clinician of similar age and background. To enhance the therapeutic alliance, it would be best to

(a) pair her with an older African American counselor to minimize transference.

(b) assign her to a clinician who specializes in her presenting problem, regardless of other factors.

(c) assign her to a clinician who is very different than she to gently challenge her assumptions and stereotypes.

(d) honor her request as closely as possible.

19. A distinguishing characteristic of a sound therapeutic alliance is

(a) shared goals created in collaboration with the client.

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(b) client's access to an extensive support system.

(c) an emphasis on personal growth and spirituality.

(d) a clinician who uses caring confrontations.

20. As predictors of positive treatment outcome, techniques and interventions

(a) have little predictive value.

(b) are not as important as the clinician-client relationship.

(c) are not as accurate as the clinician's level of education.

(d) are not as accurate as client age.

21. What is client motivation?

(a) The ability of clients to understand the counseling process

(b) The willingness to self-disclose during counseling and to complete homework assignments outside of therapy

(c) The belief that counseling is beneficial and has something positive to offer

(d) A range of client behaviors associated with readiness for change and an ability to engage productively in that process

22. Which of the following is/are included in ethical guidelines for counselors?

(a) Competence.

(b) Confidentiality issues.

(c) Assessment and diagnosis.

(d) All of the above.

23. Wayne, a mental health therapist, was convinced that his client intended to assault a co-worker. Wayne alerted the co-worker that he may be in danger. Ethically, Wayne

(a) had the option of maintaining confidentiality.

(b) was required to consult a supervisor before taking this action.

(c) was required to take this action.

(d) had no basis for his action.

24. Paul, a talented carpenter, agreed to build bookcases for his therapist's office. Is this agreement ethical?

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(a) Yes, because the therapist will not be present when the bookcases are installed.

(b) Yes, because the therapist is paying fair market value.

(c) No, because it constitutes a dual relationship.

(d) Possibly, depending on Paul's therapeutic goals.

25. During their first session, Malia explained the expectations and responsibilities of both the client and clinician to her client. This is an example of

(a) role induction.

(b) initiation.

(c) boundary setting.

(d) modeling.

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SHORT ANSWER/ESSAY QUESTIONS

1. Describe the emphasis of each of the four “forces of psychotherapy.” If possible, provide at least one example of a theorist associated with each approach.

2. Define empathy, unconditional positive regard, and congruence. How are they important in developing a positive therapeutic alliance?

3. What are the salient psychological issues for each member of the Diaz family?

4. Clients attribute a large portion of the change they experience in treatment to extratherapeutic factors. Explain the meaning of this statement and discuss its implications for clinicians.

5. List and define five important aspects of people’s lives which can serve as areas for assessment in the intake interview.

6. Name three ways that a clinician can maximize the positive influence of client background and personal qualities.

7. Define the mnemonic ADDRESSING. Describe how the concepts can be applied in the counseling setting.

8. Jose, 32, arrived in the United States from Ecuador about six months ago. He is seeking therapy at this time because he is having difficulty adjusting to American culture and finding suitable employment. He has been assigned to a 23-year-old therapist who emigrated with his parents from Iran at the age of 18. Although their backgrounds are quite different, consider the ADDRESSING acronym and which “locations” or components of identification are similar and which are different. How can the clinician use the ADDRESSING model to build a cohesive therapeutic alliance with Jose?

9. Identify five characteristics of effective therapeutic relationships and briefly define each.

10. List the five personal characteristics you believe are most essential in an effective clinician. Explain why you chose these five.

11. Discuss important considerations of these ethical topics and provide an example of each: (1) informed consent, (2) competence, (3) assessment and diagnosis, (4) multiple relationships.

12. Describe the purpose of role induction and list five topics you would address in this process. Provide a brief statement illustrating how you as a clinician would present each of the five topics.

13. Describe three aspects of cultural competency.

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14. Describe five examples of effective therapist professional competencies from those listed on pages 11-12 that you would like to develop in yourself. Explain why you chose each of these five areas, drawing on information from the text, your career goals, and your knowledge of yourself.

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ANSWER KEY

CHAPTER 1 Multiple Choice

1. a
2. a
3. b
4. d
5. a
6. d
7. b
8. b
9. d
10. a
11. a
12. d
13. b
14. a
15. d
16. b
17. a
18. d
19. a
20. b
21. d
22. d
23. c
24. c
25. a

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Short Answer/Essay

1. See page 2 in the text.
2. See pages 9-10 in the text.
3. See pages 37-39 in the text.
4. See page 6 in the text.
5. See page 42 in the text.
6. See pages 20-22 in the text.
7. See pages 17-18 in the text.
8. See pages 17-18 in the text.
9. See pages 9-11 in the text.
10. See pages 10-11 in the text.
11. See pages 30-34 in the text.
12. See page 8 in the text.
13. See pages 16-18 in the text.
14. See pages 11-12 in the text.

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