Counseling Today 2nd edition Granello Test Bank

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Instructor's Resource Manual with Test Bank

to accompany

Counseling Today: Foundations of Professional Identity

Second Edition

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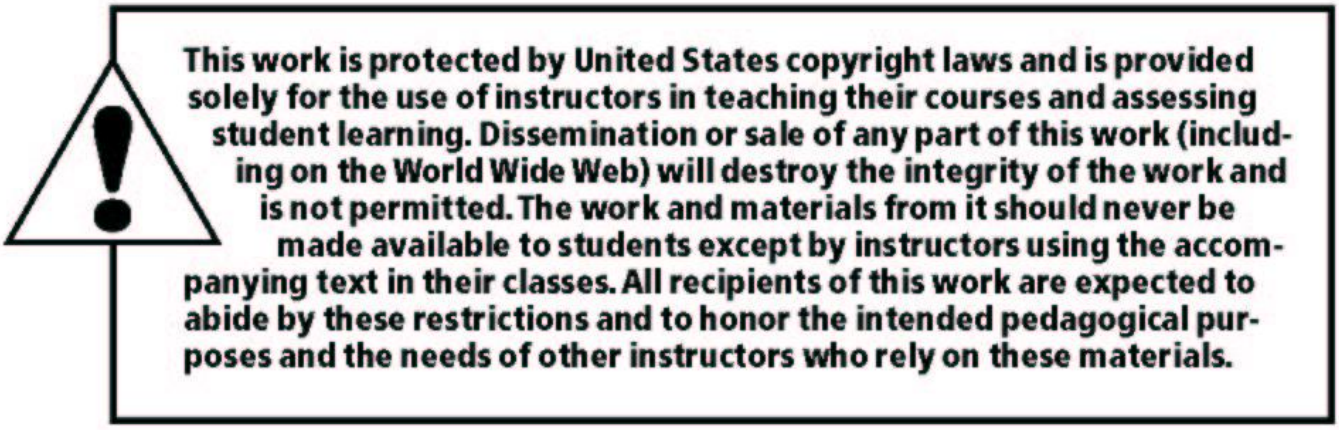
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Chapter 1
Who Are Counselors?

Chapter Overview

Chapter one introduces the reader to the format of the book, including many of the specialized and highly interactive features of the text. Additionally, readers are introduced to two core strategies for learning: intentionality and self-reflection. These two concepts become the cornerstone of the entire text.

The chapter begins with an overview of the profession of counseling. Although there are many different types of helping professionals, this text is dedicated to forming a sense of identity in professional counselors. The first part of the chapter helps readers begin to shape their understanding of the counseling profession as unique and distinct from other helping professions. Counseling is compared and contrasted with psychiatry, psychology, social work, and marriage and family therapy. The Counseling Controversy in this chapter introduces readers to the concept of coaching and asks them to consider whether counseling and coaching are separate professions. The chapter then moves to a brief history of the profession of counseling, organized by four major themes (progressivism, personal growth, science, and human development) rather than chronologically. This is done to help readers begin to understand the complexity of a living, growing profession. Spotlights and features in the chapter are used to help readers start to situate their understanding of the counseling profession in the context of the larger professional and social community.

Learner Objectives

The learner will:

1. be exposed to the overall layout of the book, including the special interactive features contained herein
2. understand key learning strategies for engaging with the book, particularly how to adopt a self-reflective and intentional approach to establishing a sense of professional identity
3. describe some of the major helping professions and compare them to the profession of counseling
4. identify key values that have emerged in the history of counseling
5. be exposed to the American Counseling Association, one of the umbrella organizations for the profession of counseling

Special Interactive Features Embedded in this Chapter

There are many special features included in this chapter that can be used to encourage learners to begin to form an understanding of the counseling profession and their future role as a professional counselor.

The following features specifically include an interactive feature that can be used for classroom discussion, small group activities, or journaling.

Spotlight: The Major Mental Health Organizations Describe their own Professions

> **Purpose**
> This Spotlight is designed to help students begin to see the similarities, and differences, between the major helping professions based not on the perspective of one profession describing all the others, but based on each profession's view of itself.

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Interactive Activity
Students can use this Spotlight as a springboard for more exploration and discovery about the major tenets of each of the helping professions.

Suggested Activities or Classroom Discussion Questions
1. Have individual students or small groups of students assigned to each of the professions listed in the Spotlight. Have those students explore the profession further, through the website or other promotional material, and make a short presentation to the entire class about what they learned.
2. Invite in guest speakers who are professionals from each of the helping professions discussed. Have the speakers interact with the students (or each other) about what they perceive are the similarities and differences their profession has with the profession of counseling.
3. Ask students to interview friends and family about their perceptions of each of these different professions. How do public perceptions affect people's willingness to seek assistance from professionals in each of these fields?

Counseling Controversy: Coaching: A Unique Approach, or Counseling by Another Name?

Purpose
To introduce students to a current discussion in the field that has significant implications for the future of counseling. Counseling Controversies are designed to help students recognize that this is not a static profession that they must memorize "correct" answers about. Rather, the counseling profession is full of excitement and energy and a diversity of opinions and ideas.

Interactive Activity
In this controversy, students are exposed to the idea of coaching, a term that has been used with more and more frequency in recent years to describe interventions used by a variety of individuals who advertise their services as professional coaches, life coaches, or wellness coaches. Counselors, counseling associations, and counselor licensure boards are all struggling to understand how coaches fit into the helping professions and whether coaching is truly a unique intervention that does not require regulation or licensure. Students are asked to place an "X" on the continuum between the two sides at the place that best represents their current thinking about the controversy and to make some quick notes about their reasoning.

Suggested Activities or Classroom Discussion Questions
1. Encourage students to mark in their books where they stand on this continuum and their reasoning.
2. Use a debate style in class, and have students take sides of this argument. Consider bringing in outside resources or information to enhance the discussion.
3. Designate two ends of the classroom as the two points on the continuum of this debate, and have students place themselves where they think they stand on this issue. Allow students at different points in the continuum to articulate why they chose to stand in that spot.
4. Encourage students to take a broader view of this issue. Instead of the implied dualism of the debate (e.g., either this side or that side is "correct"), what if both sides are right? Where would the middle ground be? What if neither of these arguments is correct? The Counseling Controversy provides a "teachable moment" about the complexities of the profession and the many diverse opinions and ideas held by counseling professionals.
5. Revisit this controversy later in the term (this underscores the importance of having students make a mark in their books at this point in the term so they remember where they started). Has anything changed now that they have more information about the profession?

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Key Terms and Concepts

Advance organizers
"Aha" experience
American Counseling Association (ACA)
Clinical psychology
Cognitive behaviorism
Community Mental Health Center Act (1963)
Counseling Controversy
Counseling psychology
Deinstitutionalization
Delusions
Developmental guidance
Diagnostic treatment planning model
Evidence-based practice
Guidance counseling
Hallucinations
Health psychology
Helping
Informed by Research
Managed care
Marriage and family therapist
Mental Health Advocacy
Mental Hygiene Movement
National Alliance on Mental Illness (NAMI)
National Defense Education Act (NDEA)
National Mental Health Association (NMHA)
Outcome research
Person with mental illness
Professional counselor
Professional school counselor
Progressivism
Psychiatry
Psychological report
Psychological test
Psychology
Psychotherapy
Reflective practitioner
Reflective questions
Snapshots
Social work
Spotlights
Sputnik
Stage model of cognitive development
Stage theories of development
Therapist
Vocational guidance

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ADDITIONAL SPOTLIGHT FOR SUPPLEMENTARY USE:

The Changing Names of Counseling's Professional Organization and Flagship Journal

Name of the Professional Organization	Name of the Flagship Journal
National Vocational Guidance Association (NVGA) 1913	*National Vocational Guidance Bulletin* 1921-1924
	National Vocational Guidance Magazine *1924-1933*
	Occupations, The Vocational Guidance Magazine *1933-1952*
American Personnel and Guidance Association (APGA) 1952	*Personnel and Guidance Journal* *1952-1984*
American Association for Counseling and Development (AACD) 1983 American Counseling Association (ACA) 1992	*Journal of Counseling and Development* *1984-Present*

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TEST QUESTIONS

Multiple Choice Questions

1. The term "psychotherapy" is today used to describe _____
   a. Freudian psychoanalysis
   b. A specific type of intervention that involves hypnotherapy
   c. A generic term for the entire spectrum of change theories & techniques
   d. A psychologist's protected scope of practice

2. Which of the following is/are common specialties within the field of counseling? _____
   a. School counseling
   b. Mental health counseling
   c. Rehabilitation counseling
   d. All of the above

3. The helping specialty that refers to medical doctors (MDs) who diagnose mental disorders and prescribe appropriate medications is _____
   a. Psychiatry
   b. Psychology
   c. Social Work
   d. Counseling

4. All of the following statements about developmental guidance models for K-12 schools are true EXCEPT _____
   a. They are based on stage models of human development
   b. They are primarily focused on teaching school children life skills to improve academics and bolster self-esteem
   c. They are generally more preventative and growth-oriented, rather than problem-focused
   d. They are incompatible with the role of the school counselor, who typically spends most of his/her time in crisis intervention mode

5. The helping profession that has the longest history of licensure and regulation in the U.S. is _____
   a. Counseling
   b. Social Work
   c. Marriage & Family Therapy
   d. Life Coaching

6. Recent changes in healthcare mean that counselors _____
   a. Cannot work in private practice, or at least cannot get reimbursed for their services by Managed Care companies, since counselors are not recognized as providers in this model
   b. Are free to provide the type of services they believe are best for the client, since Managed Care companies are not legally allowed to get involved with treatment decisions
   c. Must follow mandates regarding length and type of treatment they use, if they wish to get reimbursed by Managed Care companies for their work
   d. Have far fewer clients than in previous years, since Managed Care companies tend to pay higher rates for care, so counselors can have fewer clients but still make the same amount of money

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7. Which of the following is/are true about the profession of psychology? _____
   a. Psychologists typically obtain a master's degree, practice for a few years, and then return to school to complete their Ph.D.
   b. There are three major types of psychologists: counseling psychologists, research psychologists, and practice psychologists
   c. Psychology requires a doctoral degree to practice independently
   d. All of the above

8. All of the following statements are true about Social Workers EXCEPT _____
   a. Social workers advocate on behalf of clients
   b. To practice independently, Social Workers must have a master's degree
   c. Social workers are typically better trained than counselors to understand the environmental, social, and economic forces that impact clients
   d. Social workers are typically better trained than counselors in individual and group therapy and techniques

9. All of the following statements are true about the role of Progressivism in education EXCEPT _____
   a. It was an impetus to education reform that focused on democratization of education
   b. Because it was primarily concerned with students' self-actualization, it de-emphasized career selection and vocational education
   c. It encouraged students to follow their own interests while respecting the rights of others
   d. It emphasized character education and expanded traditional education to include physical education, industrial arts, and extracurricular activities

10. Career counseling is considered a fundamental component of counseling because _____
   a. Career choice and career satisfaction are frequently tied to self-esteem and overall wellness
   b. Job stress and dissatisfaction can lead to significant mental health problems
   c. A person's mental health problems can have a significant impact on his/her job and career performance
   d. All of the above

11. All of the following statements are true about the Humanistic Movement in counseling EXCEPT _____
   a. Helping clients recognize their faculty thinking and change the thinking patterns that contribute to their unhappiness is a fundamental component of a Humanistic approach
   b. The work of Rogers, including the core conditions for counseling, was based in Humanistic ideals
   c. The idea that people are constantly in the process of changing and growing is a foundational component of a Humanistic approach
   d. The focus on the therapeutic relationship in counseling is based on Humanistic principles

12. Group counseling _____
   a. Rose dramatically in popularity in the 1930s when the Great Depression made the cost effective nature of groups particularly appealing
   b. Rose dramatically in popularity in the 1960s and 1970s, when people were feeling increasingly alienated from society and yearned for interpersonal connections
   c. Is a separate counseling specialty that requires advanced training and certification
   d. Is most effective when done as a "marathon group" that lasts between 24-48 hours

13. A major impetus for the proliferation of tests and the status of the testing movement was _____
   a. World War I, and the development of the Army Alpha & Army Beta
   b. The desire of psychologists to have a scope of practice that was different than that of counselors
   c. The ability of tests to compensate for the cultural bias that was often a part of the counseling relationship
   d. All of the above

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14. Which of the following statements is/are true about achievement tests? _____
    a. A national achievement test is used to demonstrate the effectiveness of K-12 schools and the merits of individual teachers
    b. School counselors typically have little to do with achievement test administration or interpretation because testing is not usually part of their scope of practice
    c. The use of achievement test as "high-stakes" tests in K-12 education is extremely controversial
    d. All of the above

15. Behaviorism _____
    a. Was a natural outgrowth of the existing models of psychotherapy
    b. Has been almost completely eclipsed by cognitive therapy, making it rather obsolete in the field of counseling
    c. Is only useful for making behavior changes in children, as adults can "see through" the attempts to make changes in behavior and thwart them quite easily
    d. Appeals to many because of its data-driven approach that makes behavioral change quantifiable and helps counselors and clients select and implement specific goals

16. The reason that Sputnik represented an important milestone in the counseling profession is because _____
    a. Sputnik was launched by the Soviets, and it became clear that counselors would be needed to help negotiate peace between the Soviet Union and the U.S.
    b. When Sputnik was launched by the Soviets, more people began to investigate communism and its emphasis on communal support and caring, which are foundational principles of counseling
    c. When Sputnik was launched by the Soviets, it sparked the U.S. to respond by training guidance counselors who could identify students who had potential in math and science
    d. Sputnik was launched by the U.S., representing a major turning point in the U.S. Cold War Defense Strategy and triggering the National Defense Education Act

17. Deinstitutionalization was sparked by, among other reasons, _____
    a. The rise in the use and efficacy of antipsychotic and antidepressant medications
    b. The desire to hospitalize severely ill mental patients in regular medical hospitals where they could be more carefully monitored than in psychiatric asylums
    c. The understanding the Community Mental Health Centers, although an good idea, could never provide the intensity of treatment necessary for extremely ill clients
    d. All of the above

18. Stage models of development are based on all of the following EXCEPT _____
    a. In general, conquering each stage of development is a prerequisite for moving to the next
    b. The models provide general understanding of development, but may not be quite as tidy as they appear on paper when applied to individuals
    c. Understanding someone within the context of their current developmental stage is necessary to get a complete understanding of who they are
    d. All developmental models end at adulthood, when primary development stops and people move from a regular growth trajectory to a much more diffuse approach that is unique to each person

19. The first counseling licensure law in the country was in Virginia in _____
    a. The 1880s (around the time of Freud)
    b. The 1940s (right after World War II)
    c. The 1970s (around the time that the American Mental Health Counselors Association joined the American Personnel & Guidance Association)
    d. The 1990s (around the time when the name of the national association became the American Counseling Association)

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20. Counselors use developmental models in their work because _____
    a. These models tend to have a growth orientation that fits with the overall philosophical approach that counselors tend to have
    b. They provide a structure for how to meet clients where they are developmentally and provide appropriate interventions and strategies
    c. By providing an overall model, they help give ideas and strategies to assist the counselor in selecting interventions that will help move clients to the next developmental stage
    d. All of the above

TRUE/FALSE

1. Compared with social work training, counselors have more training in individual and group therapy techniques and interventions.

   ____ True ____ False

2. Mental health/Community Counselors are currently licensed in 36 of the 50 states.

   ____ True ____ False

3. Multicultural counseling and career counseling are both modern day counseling practices that have their roots in the ideals of Progressivism.

   ____ True ____ False

4. At least one-quarter of the homeless population has a mental illness.

   ____ True ____ False

5. The American Counseling Association originally began as a division of the American Psychological Association.

   ____ True ____ False

6. Approximately two-thirds of all visits to family doctors are prompted by stress-related symptoms.

   ____ True ____ False

ESSAY QUESTIONS

1. Compare and contrast the training and philosophical approach to mental health of counselors, social workers, and psychiatrists.

2. How have the ideas of Progressivism influenced the counseling profession, both in the past and in the present?

3. How have the ideas of science and the medical model approach to mental health influenced the profession of counseling, both in the past and in the present?

4. Why is it important for counselors to have a developmental perspective of their clients before developing treatment interventions for them?

5. Compare and contrast the arguments of those who believe that coaching is a distinct profession from counseling and does not require licensure or regulation versus those who believe that the practice of coaching often overlaps with the practice of professional counseling.

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Answer Key

Chapter 1

Multiple Choice Questions

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

True/False

1. True
2. False
3. True
4. True
5. False
6. True

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