Practicum and Internship 1st edition Jackson Cherry Test Bank

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Test Bank

Lisa Jackson-Cherry

William R. Sterner

Practicum and Internship: A Handbook for Competent Counseling Practices

First Edition

Lisa R. Jackson-Cherry

Marymount University

William R. Sterner

Marymount University

Pearson

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Content Producer: Neha Sharma
Supplement Project Manager: Gowri Duraiswamy, SPi Global

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Chapter 1: Counselor Identity: Overview of the Evolving Professional Counselor

Multiple Choice Questions:

1. It is suggested that counselors in training progress through the identity formation process which involves three aspects, EXCEPT:

   A. conceptual learning
   B. experiential learning
   C. external evaluation
   D. didactic learning

2. Developing counseling identity requires all of the following, EXCEPT:

   A. an understanding of how the profession evolved
   B. an understanding of its historical roots
   C. a knowledge base of theoretical assumptions
   D. continued advocacy for and advancing of its position within the helping professions.

3. The world's largest association for licensed professional counselors, counseling students, and other counseling professionals such as educational, employment, occupational, and rehabilitation counselors is

   A. American Counselling Association
   B. American Mental Health Counselors Association
   C. Association for Counselor Education and Supervision
   D. American School Counselors Association

4. Those who teach in counseling programs and are considered gatekeepers in the counseling profession are"

   A. counseling psychologists
   B. clinical psychologists
   C. counselor educators
   D. pastoral educators

5. The ____ model views illness and pathology from an underlying biological or physiological cause. The treatment perspective focuses on how to alleviate/control the symptoms.

   A. wellness
   B. medical
   C. psychological
   D. spiritual

6. _____ target unconscious factors that lead to problematic thoughts, behaviors, and feelings.

   A. psychoanalysis/psychodynamic therapies
   B. behavioral therapies
   C. cognitive therapies
   D. humanistic therapies

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7. The core tenet of _____ is that maladaptive/dysfunctional thinking leads to maladaptive/ dysfunctional affective responses or behaviors.

   A. psychoanalysis/psychodynamic therapies
   B. behavioral therapies
   C. cognitive therapies
   D. humanistic therapies

8. _____ posit that all behavior, both normal and abnormal, is learned and the learning process can also be instrumental in changing or modifying problematic or destructive behaviors.

   A. psychoanalysis/psychodynamic therapies
   B. behavioral therapies
   C. cognitive therapies
   D. humanistic therapies

9. _____ approach treatment in the here and now to assist clients in making rational choices in order to help them achieve their highest potential through self-actualizing, self-awareness, and self-growth.

   A. psychoanalysis/psychodynamic therapies
   B. behavioral therapies
   C. cognitive therapies
   D. humanistic therapies

10. Approaching clients from a _____ frame involves consideration of physical, emotional, psychological, social, environmental, and spiritual dimensions simultaneously

    A. psychoanalysis/psychodynamic therapies
    B. behavioral therapies
    C. cognitive therapies
    D. wellness

11. The five life tasks identified by Witmer and Sweeney that characterize wellness are:

    A. spirituality, self-regulation, work, love, and friendship
    B. spirituality, self-regulation, work, love, and success
    C. spirituality, self-regulation, worth, love, and friendship
    D. religiosity, self-regulation, work, love, and friendship

12. The first life task is _____ and is at the center of the Wheel of Wellness. These beliefs and traditions have been an integral part of the human condition and conveyed through ethical, legal, and moral codes to safeguard and maintain the sacredness of life.

    A. social
    B. self-regulation
    C. spirituality
    D. friendship

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13. The third life task depends on one's engagement in work activities and those who are not engaged in work likely experience difficulties economically and psychologically

    A. work
    B. worth
    C. vocation
    D. vacation

14. The _____life task considers the social relational aspects of well-being as a factor in quality of life.

    A. work
    B. self-regulation
    C. friendship
    D. love

15. The Indivisible Self model is built around the higher-order indivisible self, which is made up of the five second-order factors:

    A. Essential Self, Physical Self, Creative Self, Loving Self, and Social Self
    B. Essential Self, Physical Self, Creative Self, Coping Self, and Serving Self
    C. Essential Self, Physical Self, Creative Self, Coping Self, and Social Self
    D. Essential Self, Physical Self, Developing Self, Coping Self, and Social Self

16. Tseng and Streltzer (2004), in their definition of cultural competency, identified three qualities that counselors attain to be culturally competent.

    A. cultural empathy, cultural knowledge, and cultural sensitivity
    B. racial empathy, cultural knowledge, and cultural sensitivity
    C. cultural empathy, racial knowledge, and cultural sensitivity
    D. cultural empathy, cultural knowledge, and racial sensitivity

17. _____ extends the focus of multicultural counseling to address oppression and oppressive systems of power and privilege.

    A. cultural competence counseling
    B. diversity counseling
    C. racial counseling
    D. social justice counseling

18. _____were developed to provide counselors a framework for integrating social justice and cultural competencies into theories, practice, and research

    A. Religion and Spiritual Competencies
    B. Multicultural and Social Justice Counseling Competencies
    C. Diversity Competencies
    D. Racial Competencies

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19. The 2009 ASERVIC competencies consist of 14 specific competencies across 6 domains:
    A. culture and worldview, counselor self-awareness, human and spiritual development, communication, assessment, and diagnosis and treatment
    B. culture and worldview, counselor self-awareness, human and spiritual development, communication, assessment, and differential diagnosis
    C. culture and worldview, counselor self-awareness, human and spiritual development, pastoral recognition, assessment, and diagnosis and treatment
    D. culture and worldview, counselor self-awareness, racial development theory, communication, assessment, and diagnosis and treatment

20. ASERVIC stands for:
    A. Association for Spiritual, Ethical, and Religious Values in Counseling
    B. Association for Service, Ethical, and Religious Values in Counseling
    C. Association for Spiritual, Ethical, and Racial Values in Counseling
    D. Association for Service, Ethical, and Racial Values in Counseling

Extended Response Questions:

1. How can you develop a strong professional counseling identity?

2. Choose an association you plan to join. Determine the mission and goals of the association and how you could play an active role in the membership.

3. Compare 2 different of approaches in counseling and why you align or do not align with the approaches?

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Answer Key for Chapter Multiple Choice

Chapter 1 Answer Key:

Multiple Choice: (1) D, (2) C, (3) A, (4) C, (5) B, (6) A, (7) C, (8) B, (9) D, (10) D, (11) A, (12) C, (13) A, (14) C, (15) C, (16) A, (17) D, (18) B, (19) A, (20) A

Extended Response Questions. Answers may include:

1. Counselors who have a strong counselor identity also support professional associations through membership, leadership, and professional activities. It is common practice for counselors to join international, national, state, and local associations that align with their scope of practice. As a benefit of membership, attending association sponsored conferences, workshops, and seminars allows for knowledge dissemination, networking activities, and various advocacy endeavors. Counselors also have an understanding of how the profession evolved, an understanding of its historical roots, and continued advocacy for and advancing of its position within the helping professions.

2. Information about the association to include mission, target membership, and how the association meets their goals in becoming a counselor.

3. Include information on 2 of the following counseling approaches: the psychoanalysis/psychodynamic therapies, behavioral therapies, cognitive therapies, humanistic therapies

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