Theory and Practice of Group Counseling 10th edition Corey Test Bank

SKU: 9780357622957-TEST-BANK

Chapter 01: Introduction to Group Work

1. A major difference between group therapy and group counseling lies in which of the following?
   a. the techniques employed to facilitate interaction
   b. the group's goals
   c. the age of the participants
   d. the theoretical orientation of the group leader

ANSWER: b
RATIONALE: Counseling groups focus on growth, development, enhancement, prevention, self-awareness, and releasing blocks to growth, whereas therapy groups focus on issues such as remediation, treatment, and personality reconstruction.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 6:42 AM
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2. Jonna is attending a group for survivors of traumatic events who have been diagnosed with posttraumatic stress disorder. The goal of the group is to help participants process the trauma, deal effectively with the symptoms they experience, and adjust to the life changes it produced. What type of group is this?
   a. psychoeducational group
   b. counseling group
   c. therapy group
   d. task-facilitation group

ANSWER: c
RATIONALE: Therapy groups focus on issues such as remediation, treatment, and personality reconstruction. In this case, the group is providing psychotherapy treatment for posttraumatic stress disorder. In contrast, counseling groups don't focus on interventions for specific mental health disorders but instead focus on growth, development, enhancement, prevention, self-awareness, and releasing blocks to growth.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 6:44 AM
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3. Psychoeducational groups are structured in such a way as to help people with which of the following?
   a. develop specific skills
   b. understand past conflicts
   c. accept their bad choices
   d. learn how to manipulate others

ANSWER: a

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RATIONALE: Psychoeducational groups feature the presentation and discussion of factual information and skill building through the use of planned skill-building exercises. Psychoeducational groups serve a number of purposes: imparting information, sharing common experiences, teaching people how to solve problems, teaching social skills, offering support, and helping people learn how to create their own support systems outside of the group setting.

POINTS: 1

REFERENCES: Other Types of Groups

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

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4. Mr. Lazarus is a school counselor who is meeting with a group of teachers and school staff to develop a program to help students deal with the pressures created by the upcoming closing of a local plant that employed many of the children's parents. What type of group is this?

a. encounter group
b. psychotherapy group
c. task-facilitation group
d. self-exploration group

ANSWER: c

RATIONALE: Task-facilitation groups are commonly used by school counselors who assemble a group of school personnel to develop a plan to assist students. The team works together to determine how services can best be implemented. In this case, the group is seeking a way to help students deal with the impending unemployment of many of their parents.

POINTS: 1

REFERENCES: Other Types of Groups

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

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5. Counseling groups can be described in which of the following ways?

a. a powerful intervention tool across the life span
b. a powerful intervention primarily for highly functioning adults
c. considerably less effective than individual therapy
d. detrimental to the self-esteem of older adults

ANSWER: a

RATIONALE: Groups are effective throughout the life span and with a wide range of individuals, as long as they have the ability to participate effectively in them.

POINTS: 1

REFERENCES: Increased Interest in Group Work

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.
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6. Members of counseling groups typically do not require extensive personality reconstruction?
   a. True
   b. False
ANSWER: True
RATIONALE: Counseling groups focus on growth, development, enhancement, prevention, self-awareness, and releasing blocks to growth and do not deal with issues requiring extensive personality reconstruction or other intensive therapeutic matters.
POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
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7. Counseling groups typically recreate the participants' everyday world and thus function as which of the following?
   a. a microcosm of society
   b. a modality of therapy that emphasizes harsh confrontation
   c. a therapeutic environment in which only positive comments are allowed
   d. the costliest form of treatment
ANSWER: a
RATIONALE: Groups are, when well-formed, a microcosm of society and thus provide participants with a sample of reality. Members' struggles and conflicts in the group are similar to those they experience outside of it, and the diversity that characterizes most groups also results in unusually rich feedback for and from the participants, who can see themselves through the eyes of a wide range of people.
POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 6:59 AM
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8. Most traditional therapy models are grounded in which type of framework?
   a. pluralist
   b. bicultural
   c. monocultural
   d. global
ANSWER: c

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RATIONALE: Unfortunately, most traditional therapy models are monocultural and focus on the Western European experience, thus overshadowing the multicultural worldviews that may be present among group members. In a pluralistic society, the reality of cultural diversity is recognized, respected, and encouraged. Within groups, the worldviews of both the group leader and the members also vary, and this is a natural place to acknowledge and promote pluralism.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.7 - Explain why it is necessary to view group counseling in a multicultural context.

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9. Which of the following is likely a goal for members of counseling groups?

a. to provide a feedback-free environment for participants

b. to help members learn how to establish meaningful intimate relationships

c. to overcome the symptoms associated with their disorders

d. to develop an intervention for the children of individuals with substance use disorders

ANSWER: b

RATIONALE: Counseling groups focus on growth, development, enhancement, prevention, self-awareness, and releasing blocks to growth, and thus might teach participants relationship skills, but would not address specific diagnoses or the development of interventions, and would, by their nature, provide feedback.

POINTS: 1

REFERENCES: Overview of the Counseling Group

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

DATE CREATED: 3/3/2022 7:03 AM

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10. According to the text, in the era of which of these issues have brief interventions and short-term groups become a necessity?

a. managed care

b. universal health care

c. chronic mental illnesses

d. frivolous lawsuits

ANSWER: a

RATIONALE: Because of its emphasis on the control of costs, managed care has forced providers to focus on briefer forms of treatment.

POINTS: 1

REFERENCES: Other Types of Groups

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

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11. Integrating group counseling with which of the following has been successful in both personal-social and academic development groups in school settings?

a. monocultural framework
b. life transitions
c. managed care
d. psychoeducational interventions

ANSWER: d
RATIONALE: Many school counseling groups are aimed at enhancing personal and social development and at the same time have a psychoeducational purpose (such as teaching study skills, how to interact with peers, or setting goals).
POINTS: 1
REFERENCES: Increased Interest in Group Work
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.4 - Describe how psychoeducational groups can be designed to help people develop specific skills or progress through difficult life transitions.
DATE CREATED: 3/3/2022 7:07 AM
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12. Group work can be characterized as which of the following?

a. beneficial and cost-effective for many disorders
b. beneficial but not cost-effective for most disorders
c. beneficial and cost-effective for only a few disorders
d. generally, neither beneficial nor cost effective

ANSWER: a
RATIONALE: Group work is a beneficial and cost-effective approach to treatment and is effective in the treatment of many psychological disorders.
POINTS: 1
REFERENCES: Increased Interest in Group Work
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 7:10 AM
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13. How does group therapy compare to individual therapy?

a. Group therapy is generally more effective than individual therapy.
b. Group therapy is generally as effective as individual therapy.
c. Group therapy is generally slightly less effective than individual therapy.
d. Group therapy is generally far less effective than individual therapy.

ANSWER: b
RATIONALE: Meta-analyses reveal that group therapy is as effective as individual therapy.
POINTS: 1

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REFERENCES: Increased Interest in Group Work
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 7:12 AM
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14. Dr. Lee conducts groups at the local community center that are intended to help young people learn to resist peer pressure regarding use of alcohol, tobacco, and other drugs. These groups are best described as which type of group?

a. therapy
b. counseling
c. psychoanalytic
d. in-patient

ANSWER: b
RATIONALE: Counseling groups focus on growth, development, enhancement, prevention (in this case, prevention of alcohol, tobacco, and other drug use), self-awareness, and releasing blocks to growth.
POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 7:15 AM
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15. Marta is attending a counseling group that is discussing what their goals ought to be. Which goal might the group be most likely to pick?

a. to provide needed diagnostic services
b. to provide techniques for managing symptoms like hallucinations
c. to recognize and acknowledge the essential aloneness of individuals
d. to develop concern and compassion for the needs and feelings of others

ANSWER: d
RATIONALE: Counseling groups, by their very nature, lead to the development of concern and compassion for others and emphasize a sense of community rather than aloneness, but do not provide diagnostic services or the treatment of disorders like schizophrenia.
POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 7:17 AM
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16. Group counseling can be designed to meet the needs of a wide range of populations, including which of the following?

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a. adolescents
b. unmedicated people with schizophrenia
c. people with advanced dementia
d. toddlers

ANSWER: a
RATIONALE: Counseling groups require that individuals be able to participate effectively, and are thus suitable for adolescents but not those who might not be able to participate due to their cognitive status, severe psychological disorders, or lack of verbal skills.
POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.
DATE CREATED: 3/3/2022 7:18 AM
DATE MODIFIED: 3/3/2022 7:20 AM

17. In which type of group are conscious and unconscious issues likely to be addressed?
a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. group psychotherapy

ANSWER: d
RATIONALE: Group psychotherapy is a process of reeducation that includes both conscious and unconscious awareness and both the present and the past.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.5 - Identify the key factors necessary to the success of brief group therapy.
DATE CREATED: 3/3/2022 7:20 AM
DATE MODIFIED: 3/3/2022 7:21 AM

18. Which type of group features the presentation and discussion of factual information?
a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. group psychotherapy

ANSWER: a
RATIONALE: Psychoeducational groups, which are increasing in popularity, feature the presentation and discussion of factual information and skill building through the use of planned skill-building exercises. Psychoeducational groups serve a number of purposes: imparting information, sharing common experiences, teaching people how to solve problems, teaching social skills, offering support, and helping people learn how to create their own support systems outside of the group setting.
POINTS: 1
REFERENCES: Other Types of Groups

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.4 - Describe how psychoeducational groups can be designed to help people develop specific skills or progress through difficult life transitions.
DATE CREATED: 3/3/2022 7:22 AM
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19. According to the text, which of the following did DeLucia-Waack (1996) describe as important to multicultural counseling?

a. helping members of racial and ethnic minority groups become assimilated
b. making use of diversity as a way to facilitate growth
c. finding ways to use existing theories without modifying them
d. recognizing the importance of adjustment to the dominant culture

ANSWER: b
RATIONALE: DeLucia-Waack (1996) states that the multicultural context of group work requires attention to two tasks: (1) the application and modification of theories and techniques of group work to different cultures in ways that are congruent with cultural beliefs and behaviors and (2) the development of the theory and practice of group work that makes full use of the diversity among members as a way to facilitate change and growth.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.
DATE CREATED: 3/3/2022 7:23 AM
DATE MODIFIED: 3/3/2022 7:25 AM

20. According to the text, Ivey and colleagues (2008) emphasize which of the following as important to multicultural intentionality?

a. Consider how our own cultural context influences us.
b. Ignore theories as all are very culture-laden.
c. Maintain an ethnocentric point of view as much as possible.
d. Identify ways to encourage acculturation.

ANSWER: a
RATIONALE: In their discussion of *multicultural intentionality* in group counseling, Ivey et al. (2008) state that it is no longer adequate to mainly look to internal dynamics within the individual as a source of problems. Instead, it is essential that we examine ourselves as contextual/cultural beings.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.
DATE CREATED: 3/3/2022 7:25 AM
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21. According to your text, which type of group is particularly useful in meeting the needs of clients with and the requirements of managed care organizations?

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a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. encounter groups

ANSWER: c
RATIONALE: Brief group therapy is attractive to managed care entities because it is cost-effective while it also meets the needs of clients.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.5 - Identify the key factors necessary to the success of brief group therapy.
DATE CREATED: 3/3/2022 7:27 AM
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22. According to your text, brief group work is particularly popular in which of these settings?
a. hospitals and urgent care facilities
b. mental health institutions and prison wards
c. vocational settings and family agencies
d. community agencies and school settings

ANSWER: d
RATIONALE: Brief group work is popular in both community agencies and school settings because of the realistic time constraints and the ability of a brief format to be incorporated in educational or therapeutic programs.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.5 - Identify the key factors necessary to the success of brief group therapy.
DATE CREATED: 3/3/2022 7:29 AM
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23. Which of the following does the text recommend in developing your own multicultural orientation?
a. recognize that not all encounters are multicultural
b. learn more about how your own cultural background influences you
c. recognize that the individual is the source of their own problems
d. ignore individual differences as differences promote conflict

ANSWER: b
RATIONALE: To become more skilled as a multicultural counselor, it is important to reflect on your own cultural background and recognize how it influences your beliefs and assumptions about others.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.9 - Analyze the process for becoming a culturally skilled group worker.

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24. According to Pedersen, culture is which of the following?
    a. static
    b. simple
    c. straightforward
    d. dynamic

ANSWER: d
RATIONALE: According to Pedersen, culture is complicated, not simple; it is dynamic, not static.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.
DATE CREATED: 3/3/2022 7:33 AM
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25. Providing multicultural counseling includes which of the following considerations?
    a. only race and ethnicity
    b. solely categories that are protected by the federal government
    c. race, ethnicity, disability status, sex, sexual orientation, gender identity, and many other categories
    d. categories that are of interest to most individuals, like race and sex

ANSWER: c
RATIONALE: Providing multicultural counseling involves consideration of not only race and ethnicity but also disability status, sex, sexual orientation, gender identity, national origin, religion, age, and many other categories.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.10 - Identify some guidelines for serving multicultural populations in a group.
DATE CREATED: 3/3/2022 7:36 AM
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26. Counselors generally specialize and provide only a single type of group to a specific population.
    a. True
    b. False

ANSWER: False
RATIONALE: All human services counselors will be expected to be able to use group approaches with diverse client populations and for a variety of purposes.
POINTS: 1
REFERENCES: Increased Interest in Group Work
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group

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counseling, task-facilitation groups.

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27. Most counselors receive extensive training in group leadership.

a. True

b. False

ANSWER: False

RATIONALE: Many professionals find themselves thrust into the role of group leader without adequate preparation, training, or supervision.

POINTS: 1

REFERENCES: Increased Interest in Group Work

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

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28. Groups are used exclusively for therapeutic purposes.

a. True

b. False

ANSWER: False

RATIONALE: Groups can be used for therapeutic or educational purposes or for a combination of the two.

POINTS: 1

REFERENCES: Increased Interest in Group Work

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

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29. In general, groups should develop their own goals.

a. True

b. False

ANSWER: True

RATIONALE: Ideally, the group members will decide the specific goals of the group experience for themselves, but group leaders may help them shape those goals.

POINTS: 1

REFERENCES: Overview of the Counseling Group

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.

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30. Groups for children often focus on social issues including social skill development.

a. True

b. False

ANSWER: True

RATIONALE: In schools, group counseling is often suggested for children who display behaviors or attributes such as excessive fighting, inability to get along with peers, violent outbursts, poor social skills, or lack of supervision at home.

POINTS: 1

REFERENCES: Overview of the Counseling Group

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.

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31. Groups for college students may benefit from a focus on the developmental tasks they face, such as becoming more independent.

a. True

b. False

ANSWER: True

RATIONALE: Students encounter a range of developmental tasks during their undergraduate and graduate years. Counseling groups are a valuable vehicle for meeting the developmental needs of both traditional and nontraditional students.

POINTS: 1

REFERENCES: Overview of the Counseling Group

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.

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32. Groups for older adults typically focus on loss.

a. True

b. False

ANSWER: False

RATIONALE: Counseling groups can do a lot to help older people challenge myths about aging and deal with the developmental tasks that they face while retaining their integrity and self-respect. The group format can assist people in breaking out of their isolation and offer older people the encouragement necessary to find meaning in their life so that they can live fully and not merely exist.

POINTS: 1

REFERENCES: Overview of the Counseling Group

QUESTION TYPE: True / False

HAS VARIABLES: False

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LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.
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33. Psychoeducational groups are typically unstructured and address any issue of concern to participants.
    a. True
    b. False
ANSWER: False
RATIONALE: Psychoeducational groups are typically structured around a particular theme, such as developing social skills in children, addressing concerns about sexuality in adolescents, or learning about the diagnosis of a family member.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.4 - Describe how psychoeducational groups can be designed to help people develop specific skills or progress through difficult life transitions.
DATE CREATED: 3/3/2022 7:49 AM
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34. Psychoeducational groups are often rooted in learning theory.
    a. True
    b. False
ANSWER: True
RATIONALE: Many psychoeducational groups are based on a learning theory model and use behavioral procedures.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.4 - Describe how psychoeducational groups can be designed to help people develop specific skills or progress through difficult life transitions.
DATE CREATED: 3/3/2022 7:50 AM
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35. In brief group therapy, the group leader is typically more active in directing the group.
    a. True
    b. False
ANSWER: True
RATIONALE: In brief group therapy, the group leader sets clear and realistic treatment goals with members, establishes a clear focus within the group structure, and maintains an active therapist role.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.5 - Identify the key factors necessary to the success of brief group therapy.

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DATE CREATED: 3/3/2022 7:51 AM
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36. Brief group therapy is generally not very effective.
    a. True
    b. False
ANSWER: False
RATIONALE: Most of the empirical evidence on the effectiveness of brief group therapy suggests that these interventions are effective.
POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.5 - Identify the key factors necessary to the success of brief group therapy.
DATE CREATED: 3/3/2022 7:52 AM
DATE MODIFIED: 3/3/2022 7:53 AM

37. Multiculturalism means more than just national origin or race.
    a. True
    b. False
ANSWER: True
RATIONALE: From a broad perspective, multicultural counseling focuses on understanding not only racial and ethnic minority groups (African Americans, Asian Americans, Latinx, Native Americans, and White ethnics) but also people with physical disabilities; older people; gay, lesbian, bisexual, and transgender individuals; and a variety of special needs populations.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.7 - Explain why it is necessary to view group counseling in a multicultural context.
DATE CREATED: 3/3/2022 7:53 AM
DATE MODIFIED: 3/3/2022 7:54 AM

38. When working in multicultural counseling, it is particularly important to maintain the traditional role of counselor.
    a. True
    b. False
ANSWER: False
RATIONALE: If group workers hope to make culturally effective interventions, they will, at times, need to assume nontraditional roles that may include advocate, change agent, consultant, adviser, and facilitator of indigenous support or healing systems.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LO 1.7 - Explain why it is necessary to view group counseling in a multicultural context.
DATE CREATED: 3/3/2022 7:54 AM
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39. When working in multicultural counseling, it is particularly important to maintain the traditional role of counselor.

a. True

b. False

ANSWER: False

RATIONALE: If group workers hope to make culturally effective interventions, they will, at times, need to assume nontraditional roles that may include advocate, change agent, consultant, adviser, and facilitator of indigenous support or healing systems.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.7 - Explain why it is necessary to view group counseling in a multicultural context.

DATE CREATED: 3/3/2022 7:55 AM

DATE MODIFIED: 3/3/2022 7:56 AM

40. There is generally no need to modify group counseling or therapy techniques when working with people from diverse cultures.

a. True

b. False

ANSWER: False

RATIONALE: DeLucia-Waack (1996) states that the multicultural context of group work requires that theories and techniques must sometimes be altered to be congruent with cultural beliefs and behaviors.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.

DATE CREATED: 3/3/2022 7:56 AM

DATE MODIFIED: 3/3/2022 7:58 AM

41. Most traditional therapy models are dominated by the views of the mainstream culture.

a. True

b. False

ANSWER: True

RATIONALE: Most traditional therapy models are grounded in a monocultural framework wherein mainstream cultural values overshadow the multicultural worldviews that may be present among group members.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.

DATE CREATED: 3/3/2022 7:58 AM

DATE MODIFIED: 3/3/2022 7:59 AM

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42. Multicultural counselors should seek to ignore culture when providing services.

a. True

b. False

ANSWER: False

RATIONALE: Group workers must become aware of their worldview, value diversity, learn about different worldviews, acquire and incorporate cultural knowledge as a part of their interventions, increase their multicultural skills, and adapt to diversity and to the cultural context of clients.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.9 - Analyze the process for becoming a culturally skilled group worker.

DATE CREATED: 3/3/2022 8:00 AM

DATE MODIFIED: 3/3/2022 8:01 AM

43. Differences in culture need not be barriers to helping.

a. True

b. False

ANSWER: True

RATIONALE: Although differences in culture may present challenges to the helping relationship, especially if they are not recognized or understood, this need not be the case of the counselor who develops the knowledge and skills that are needed to be multiculturally skilled.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.9 - Analyze the process for becoming a culturally skilled group worker.

DATE CREATED: 3/3/2022 8:01 AM

DATE MODIFIED: 3/3/2022 8:02 AM

44. Multicultural counseling considers how people's environments play a role in their problems.

a. True

b. False

ANSWER: True

RATIONALE: Multicultural counseling challenges the notion that problems are found exclusively within the person. Going beyond this stance of "blaming the victim," the multicultural approach emphasizes the social and cultural context of human behavior and deals with the self-in-relation.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.10 - Identify some guidelines for serving multicultural populations in a group.

DATE CREATED: 3/3/2022 8:02 AM

DATE MODIFIED: 3/3/2022 8:04 AM

45. It is important to recognize that different cultures often share common ground.

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a. True
b. False

ANSWER: True

RATIONALE: It is important for counselors to learn to pay attention to the common ground that exists among people of diverse backgrounds. This common ground can serve as a basis for discussion and for building the interpersonal binds that enhance group experiences.

POINTS: 1

REFERENCES: Group Counseling in a Multicultural Context

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LO 1.10 - Identify some guidelines for serving multicultural populations in a group.

DATE CREATED: 3/3/2022 8:04 AM

DATE MODIFIED: 3/3/2022 8:05 AM

46. Your text discusses several reasons that groups have become more popular. Identify and discuss three such reasons.

ANSWER: Answers will vary, but may include the following reasons:

- They are flexible and can address therapeutic issues, educational issues, or both.
- They are less costly than individual therapy.
- They are known to be effective.
- They can be used with a variety of populations in a variety of settings.
- Third-party payers, particularly managed care corporations, support their use.

POINTS: 1

REFERENCES: Increased Interest in Group Work

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.

DATE CREATED: 3/3/2022 8:06 AM

DATE MODIFIED: 3/7/2022 11:48 PM

47. Identify and discuss two advantages of counseling groups.

ANSWER: Answers will vary but may include the following advantages:

- The group re-creates the participants' everyday world, especially if the membership is diverse with respect to age, interests, background, socioeconomic status, and type of problem. As a microcosm of society, the group provides a sample of reality.
- The diversity that characterizes most groups also results in unusually rich feedback for and from the participants, who can see themselves through the eyes of a wide range of people.
- The group offers understanding and support, which foster the members' willingness to explore problems they have brought with them to the group.
- The participants achieve a sense of belonging, and through the cohesion that develops, group members learn ways of being intimate, of caring, and of challenging.
- In this supportive group atmosphere, members can experiment with new behaviors.

POINTS: 1

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REFERENCES: Increased Interest in Group Work
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LO 1.1 - Define these terms: group psychotherapy, psychoeducational groups, group counseling, task-facilitation groups.
DATE CREATED: 3/3/2022 8:07 AM
DATE MODIFIED: 3/7/2022 11:49 PM

48. Your text discusses groups for different age groups of life, including childhood, adolescence, college students, and older adults. Select one of these groups and discuss the topics that would typically be addressed.

ANSWER: Answers will vary but may include one of the following:
Childhood: In schools, group counseling is often suggested for children who display behaviors or attributes such as excessive fighting, inability to get along with peers, violent outbursts, poor social skills, or lack of supervision at home.
Adolescence: Group counseling is especially suited for adolescents because it gives them a place to express conflicting feelings, to explore self-doubts, and to come to the realization that they share these concerns with their peers. Adolescents can openly question their values and modify those that need to be changed.
College students: Many college counseling centers offer groups designed for relatively healthy students who are experiencing personal and interpersonal relationship problems. The main purpose of these groups is to provide participants with an opportunity for growth and a situation in which they can deal with career decisions, intimate relationships, identity problems, educational plans, and feelings of isolation on an impersonal campus.
Older adults: Counseling groups can be valuable for older adults in many of the same ways they are of value to adolescents. As people grow older, they often experience isolation. Like adolescents, older people often feel unproductive, unneeded, and unwanted. Many older people accept myths about aging that become self-fulfilling prophecies. Counseling groups can do a lot to help older people challenge these myths and deal with the developmental tasks that they face while retaining their integrity and self-respect. The group format can assist people in breaking out of their isolation and offer older people the encouragement necessary to find meaning in their life so that they can live fully and not merely exist.

POINTS: 1
REFERENCES: Overview of the Counseling Group
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LO 1.3 - Understand how counselors design groups to meet the needs of specific populations over the life span.
DATE CREATED: 3/3/2022 8:08 AM
DATE MODIFIED: 3/3/2022 8:09 AM

49. Describe psychoeducational groups and provide two examples.

ANSWER: Answers will vary but should include that psychoeducational groups feature the presentation and discussion of factual information and skill building through the use of planned skill-building exercises. Psychoeducational groups serve a number of purposes: imparting information, sharing common experiences, teaching people how to solve problems, teaching social skills, offering support, and helping people learn how to create their own support systems outside of the group setting. These groups can be thought of as educational and therapeutic groups in that they are structured along the lines of specific content themes.

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Examples may include:
• A group for elementary school children of divorce
• An anger management group for children
• A substance abuse group
• A women's group and a men's group
• A domestic violence group
• A women's support group for survivors of incest
• A successful aging group
• A bereavement group for older adults

POINTS: 1
REFERENCES: Other Types of Groups
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LO 1.4 - Describe how psychoeducational groups can be designed to help people develop specific skills or progress through difficult life transitions.
DATE CREATED: 3/3/2022 8:10 AM
DATE MODIFIED: 3/3/2022 8:11 AM

50. Your text states that multiculturalism is inherent in the group process. What is meant by this and how does multiculturalism enrich group therapy?

ANSWER: Answers will vary but should include that multiculturalism encompasses more than just race and ethnicity and includes age, sex, gender identity, sexual orientation, national or regional origin, religion, disability status, and a vast number of constructs. The students should note that we all have a multicultural identity. A multicultural group provides a richer array of experiences and perspectives, which, in turn, provides a richer group experience.
POINTS: 1
REFERENCES: Group Counseling in a Multicultural Context
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LO 1.8 - Evaluate several basic ideas of multicultural perspectives on group work.
DATE CREATED: 3/3/2022 8:11 AM
DATE MODIFIED: 3/3/2022 8:12 AM

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Name:_____ Class:_____ Date:_____

Chapter 01: Introduction to Group Work

1. A major difference between group therapy and group counseling lies in which of the following?
   a. the techniques employed to facilitate interaction
   b. the group's goals
   c. the age of the participants
   d. the theoretical orientation of the group leader

ANSWER: b

2. Jonna is attending a group for survivors of traumatic events who have been diagnosed with posttraumatic stress disorder. The goal of the group is to help participants process the trauma, deal effectively with the symptoms they experience, and adjust to the life changes it produced. What type of group is this?
   a. psychoeducational group
   b. counseling group
   c. therapy group
   d. task-facilitation group

ANSWER: c

3. Psychoeducational groups are structured in such a way as to help people with which of the following?
   a. develop specific skills
   b. understand past conflicts
   c. accept their bad choices
   d. learn how to manipulate others

ANSWER: a

4. Mr. Lazarus is a school counselor who is meeting with a group of teachers and school staff to develop a program to help students deal with the pressures created by the upcoming closing of a local plant that employed many of the children's parents. What type of group is this?
   a. encounter group
   b. psychotherapy group
   c. task-facilitation group
   d. self-exploration group

ANSWER: c

5. Counseling groups can be described in which of the following ways?
   a. a powerful intervention tool across the life span
   b. a powerful intervention primarily for highly functioning adults
   c. considerably less effective than individual therapy
   d. detrimental to the self-esteem of older adults

ANSWER: a

6. Members of counseling groups typically do not require extensive personality reconstruction?
   a. True
   b. False

ANSWER: True

7. Counseling groups typically recreate the participants' everyday world and thus function as which of the following?

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a. a microcosm of society
b. a modality of therapy that emphasizes harsh confrontation
c. a therapeutic environment in which only positive comments are allowed
d. the costliest form of treatment

ANSWER: a

8. Most traditional therapy models are grounded in which type of framework?
a. pluralist
b. bicultural
c. monocultural
d. global

ANSWER: c

9. Which of the following is likely a goal for members of counseling groups?
a. to provide a feedback-free environment for participants
b. to help members learn how to establish meaningful intimate relationships
c. to overcome the symptoms associated with their disorders
d. to develop an intervention for the children of individuals with substance use disorders

ANSWER: b

10. According to the text, in the era of which of these issues have brief interventions and short-term groups become a necessity?
a. managed care
b. universal health care
c. chronic mental illnesses
d. frivolous lawsuits

ANSWER: a

11. Integrating group counseling with which of the following has been successful in both personal-social and academic development groups in school settings?
a. monocultural framework
b. life transitions
c. managed care
d. psychoeducational interventions

ANSWER: d

12. Group work can be characterized as which of the following?
a. beneficial and cost-effective for many disorders
b. beneficial but not cost-effective for most disorders
c. beneficial and cost-effective for only a few disorders
d. generally, neither beneficial nor cost effective

ANSWER: a

13. How does group therapy compare to individual therapy?

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a. Group therapy is generally more effective than individual therapy.
b. Group therapy is generally as effective as individual therapy.
c. Group therapy is generally slightly less effective than individual therapy.
d. Group therapy is generally far less effective than individual therapy.

ANSWER: b

14. Dr. Lee conducts groups at the local community center that are intended to help young people learn to resist peer pressure regarding use of alcohol, tobacco, and other drugs. These groups are best described as which type of group?
a. therapy
b. counseling
c. psychoanalytic
d. in-patient

ANSWER: b

15. Marta is attending a counseling group that is discussing what their goals ought to be. Which goal might the group be most likely to pick?
a. to provide needed diagnostic services
b. to provide techniques for managing symptoms like hallucinations
c. to recognize and acknowledge the essential aloneness of individuals
d. to develop concern and compassion for the needs and feelings of others

ANSWER: d

16. Group counseling can be designed to meet the needs of a wide range of populations, including which of the following?
a. adolescents
b. unmedicated people with schizophrenia
c. people with advanced dementia
d. toddlers

ANSWER: a

17. In which type of group are conscious and unconscious issues likely to be addressed?
a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. group psychotherapy

ANSWER: d

18. Which type of group features the presentation and discussion of factual information?
a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. group psychotherapy

ANSWER: a

19. According to the text, which of the following did DeLucia-Waack (1996) describe as important to multicultural

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counseling?

a. helping members of racial and ethnic minority groups become assimilated
b. making use of diversity as a way to facilitate growth
c. finding ways to use existing theories without modifying them
d. recognizing the importance of adjustment to the dominant culture

ANSWER: b

20. According to the text, Ivey and colleagues (2008) emphasize which of the following as important to multicultural intentionality?

a. Consider how our own cultural context influences us.
b. Ignore theories as all are very culture-laden.
c. Maintain an ethnocentric point of view as much as possible.
d. Identify ways to encourage acculturation.

ANSWER: a

21. According to your text, which type of group is particularly useful in meeting the needs of clients with and the requirements of managed care organizations?

a. psychoeducational groups
b. task-facilitation groups
c. brief group therapy
d. encounter groups

ANSWER: c

22. According to your text, brief group work is particularly popular in which of these settings?

a. hospitals and urgent care facilities
b. mental health institutions and prison wards
c. vocational settings and family agencies
d. community agencies and school settings

ANSWER: d

23. Which of the following does the text recommend in developing your own multicultural orientation?

a. recognize that not all encounters are multicultural
b. learn more about how your own cultural background influences you
c. recognize that the individual is the source of their own problems
d. ignore individual differences as differences promote conflict

ANSWER: b

24. According to Pedersen, culture is which of the following?

a. static
b. simple
c. straightforward
d. dynamic

ANSWER: d

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25. Providing multicultural counseling includes which of the following considerations?
    a. only race and ethnicity
    b. solely categories that are protected by the federal government
    c. race, ethnicity, disability status, sex, sexual orientation, gender identity, and many other categories
    d. categories that are of interest to most individuals, like race and sex

ANSWER: c

26. Counselors generally specialize and provide only a single type of group to a specific population.
    a. True
    b. False

ANSWER: False

27. Most counselors receive extensive training in group leadership.
    a. True
    b. False

ANSWER: False

28. Groups are used exclusively for therapeutic purposes.
    a. True
    b. False

ANSWER: False

29. In general, groups should develop their own goals.
    a. True
    b. False

ANSWER: True

30. Groups for children often focus on social issues including social skill development.
    a. True
    b. False

ANSWER: True

31. Groups for college students may benefit from a focus on the developmental tasks they face, such as becoming more independent.
    a. True
    b. False

ANSWER: True

32. Groups for older adults typically focus on loss.
    a. True
    b. False

ANSWER: False

33. Psychoeducational groups are typically unstructured and address any issue of concern to participants.
    a. True

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b. False

ANSWER: False

34. Psychoeducational groups are often rooted in learning theory.
a. True
b. False

ANSWER: True

35. In brief group therapy, the group leader is typically more active in directing the group.
a. True
b. False

ANSWER: True

36. Brief group therapy is generally not very effective.
a. True
b. False

ANSWER: False

37. Multiculturalism means more than just national origin or race.
a. True
b. False

ANSWER: True

38. When working in multicultural counseling, it is particularly important to maintain the traditional role of counselor.
a. True
b. False

ANSWER: False

39. When working in multicultural counseling, it is particularly important to maintain the traditional role of counselor.
a. True
b. False

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40. There is generally no need to modify group counseling or therapy techniques when working with people from diverse cultures.
a. True
b. False

ANSWER: False

41. Most traditional therapy models are dominated by the views of the mainstream culture.
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b. False

ANSWER: True

42. Multicultural counselors should seek to ignore culture when providing services.

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a. True
b. False

ANSWER: False

43. Differences in culture need not be barriers to helping.
a. True
b. False

ANSWER: True

44. Multicultural counseling considers how people's environments play a role in their problems.
a. True
b. False

ANSWER: True

45. It is important to recognize that different cultures often share common ground.
a. True
b. False

ANSWER: True

46. Your text discusses several reasons that groups have become more popular. Identify and discuss three such reasons.
ANSWER: Answers will vary, but may include the following reasons:

- They are flexible and can address therapeutic issues, educational issues, or both.
- They are less costly than individual therapy.
- They are known to be effective.
- They can be used with a variety of populations in a variety of settings.
- Third-party payers, particularly managed care corporations, support their use.

47. Identify and discuss two advantages of counseling groups.
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- The group re-creates the participants' everyday world, especially if the membership is diverse with respect to age, interests, background, socioeconomic status, and type of problem. As a microcosm of society, the group provides a sample of reality.
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