Individual Counseling and Therapy Skills and Techniques 3rd edition Chen Test Bank

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Individual Counseling: Skills and Techniques, 3rd Edition

Mei-whei Chen and Nan Giblin

Test Bank

Chapter 02: Common Therapeutic Factors

1. Research has shown that the most effective therapy is

    a. evidence-based therapy.
    b. cognitive behavioral therapy.
    c. existential therapy.
    d. an integrated approach.

2. The factor that contributes most to treatment success is

    a. the client.
    b. the therapist.
    c. the techniques.
    d. the degree of hope.

3. The strong therapeutic relationship is largely based on

    a. honesty and treatment.
    b. a charismatic client.
    c. a charismatic therapist.
    d. a lengthy training process.

4. The therapeutic relationship centers on

    a. the therapist's selfless focus on the client.
    b. mutual growth between client and therapist.
    c. the therapist learning how to be better with future clients.
    d. keeping the client returning for more sessions.

5. The hope and expectancy factors in therapy are increased when the therapist

    a. highlights a client's resilience and creativity.
    b. points out the underdeveloped parts of the client.
    c. does not instill false hope in the client.
    d. all of the above.

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6. Research shows that gender similarity between the therapist and client

    a. does not impact treatment outcomes.
    b. does impact treatment outcomes.
    c. depends on the ethnicity of the client.
    d. always impacts the outcome of treatment.

7. When the therapist and client have similar _____, the therapy outcome is more positive than shared ethnicity.

    a. values
    b. lifestyles
    c. life experiences
    d. all of the above

8. The therapist's most powerful instrument is

    a. our techniques.
    b. our self.
    c. our education.
    d. our years of experience.

9. The therapist's intuition

    a. can be buried by content information.
    b. is misleading.
    c. is held in low regard by the profession.
    d. is useful when part of self-disclosure.

10. Which of the following helps therapists to become better at their craft?

    a. personal psychotherapy
    b. self-care
    c. leading a balanced life
    d. all of the above

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