Effective Counseling and Psychotherapy An Evidence-Based Approach 1st edition Bertolino Test Bank

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CHAPTER 1: The Influence of the Therapist

MULTIPLE CHOICE:

1. Which of the following is NOT a risk to therapist effectiveness:
   a. Failure to identify deterioration in the client
   b. Failure to identify the precise right model for treatment
   c. Self-assessment bias
   d. Overprediction of client outcomes

   ANS: B

2. According to research, which of the following statements have evidence to support them:
   a. Training in specific disciplines show better outcomes
   b. Therapists show better outcomes for each year they have been in practice
   c. Clinicians routinely fail to identify which clients will not benefit from therapy
   d. Therapists are good at objective self-assessment

   ANS: C

3. Clinical trials in which one model of psychotherapy is compared to another have shown:
   a. Cognitive and behavioral approaches are always more effective forms of treatment
   b. Age and gender of therapist affects outcomes
   c. Psychoanalytic models show better outcomes
   d. Differences in the outcomes of various types of psychotherapies are negligible or altogether absent

   ANS: D

SHORT ANSWER:

1. Studies have shown that training and supervision does not necessarily lead to better outcomes. What needs to change to improve professional development?

   Suggested Answer: Trainings that focus on adherence and competence to a specific model or method do not show improved outcomes. Instead, curricula need to be revised to focus less on adherence to a particular model or manual, and more on the therapist and other factors that affect outcomes. Training could thus promote more self-reflection and increase therapist's awareness of how to conduct routine outcome monitoring. This would help raise a therapist's ability to self-assess, identify when patients are deteriorating, and to properly estimate improvement, all of which would lead to better outcomes.

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2. What is a “therapist’s worldview” and how does it affect treatment?

   Suggested Answer: A therapist’s worldview reflects their personal philosophies, which can be influences by factors such as age, environment, family history, community, and politics. Personal philosophies will affect the therapist’s ideological model, which will in turn influence the chosen methods, as well as responses to clients.

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