Theories of Counseling and Psychotherapy Individual and Relational Approaches 1st edition Cottone Test Bank

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Test Bank for

THEORIES OF COUNSELING AND PSYCHOTHERAPY: INDIVIDUAL AND RELATIONAL APPROACHES

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CHAPTER 1

MULTIPLE CHOICE

1. Counseling (or psychotherapy) involves:
   A. A trained professional
   B. A client
   C. Use of professional knowledge
   D. All of the above
   E. B and C, but not A

ANS: D

2. Which of the following is true? A theory of counseling or psychotherapy:
   A. Is an intellectual model
   B. Provides a "focus of study" for the counselor
   C. Outlines activities for the counselor to examine and to evaluate the client
   D. All of the above are true

ANS: D

3. Which of the following has been shown to be powerful at producing healthy outcomes in treatment?
   A. Counselor interpersonal manipulation skill
   B. Uncommon factors
   C. Deviance control
   D. Therapeutic alliance

ANS: D

4. What ethical principles are important to prevent exploitation of clients?
   A. Non-maleficence
   B. Beneficence
   C. Veracity
   D. Fidelity (loyalty)
   E. All of the above

ANS: E

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5. Who is the psychiatrist who challenged his own profession by arguing that mental illness was a myth?
   A. Freud
   B. Adler
   C. Stein
   D. Rush
   E. None of the above

ANS: E

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