Principles and Practice of Grief Counseling 3rd edition Harris Test Bank

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Test Bank for

PRINCIPLES AND PRACTICE OF GRIEF COUNSELING

Third Edition

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CHAPTER 1

THOUGHTS ABOUT COUNSELING

SHORT ANSWER

1. Provide a simple definition of counseling.

   Correct Answer:

   Counseling is two people sitting down together in privacy and one listening intently and responding helpfully to the other, who is expressing concerns about problems in everyday life.

2. What should counseling primarily focus on?

   Correct Answer:

   Counseling should focus on the client (as the expert on the client's own life), the client's innate strengths and inner resources, and the client's needs and experiences.

3. What are some of the key goals of counseling, in general?

   Correct Answer:

   Some key goals of counseling, in general, are to assist clients to gain insight and perspective on their situations, behaviors, emotions, and relationships; to provide a safe space to express feelings and clarify thoughts; to offer a broader perspective on the client's experience; to enhance the client's skills in dealing with painful and distressing situations; to empower the client to become one's own best advocate; and to facilitate the process of finding and making meaning in life experiences.

4. What type of problems is counseling best suited to address?

   Correct Answer:

   Counseling is best suited to address clients' problems that arise in everyday life and that cause clients angst or concern.

5. Give three stereotypes of counselors that are perpetuated in the media.

   Correct Answer:

   Stereotypes include the counselor as the arrogant, know-it-all expert; the counselor as the condescending parent figure; and the counselor as the one who can solve a client's problems in 10 minutes.

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6. What societal values are behind the misconception that holds that only individuals who are weak seek counseling?

   Correct Answer:

   The values of stoicism and rugged independence support the notion that only people who are weak seek counseling. Stoicism is an attitude of not expressing one's emotions and of silently enduring suffering that is based on a school of ancient Greek philosophy. Rugged independence or individualism is a strongly American value that celebrates self-reliance.

7. Identify the underlying assumption with the following statement and explain why this assumption is wrong: "People who need counseling are emotionally unstable."

   Correct Answer:

   The underlying assumption is that feeling intense emotions is abnormal or a sign of weakness. This assumption is wrong because it is perfectly normal to be immersed in many different emotions in response to a significant loss in life and it is healthy and requires courage to seek help from a counselor in dealing with such a loss.

8. What is unique and valuable about the support that a trained counselor can provide to an individual compared with the support that a friend or family member can provide?

   Correct Answer:

   Trained counselors can provide a type of listening that no one else can. They can listen over a longer span of time, listen more intently, listen with greater empathy and understanding of the client's problems, listen with greater objectivity, and listen within the context of greater safety and confidentiality.

9. How would you counter the statement, "Focusing on problems in counseling will only make them worse"?

   Correct Answer:

   Actually, many counselors have found that when clients delve deeply into their problems and work through them, they report feeling lighter and freer from their concerns as a result.

10. What is "accurate empathy" in the person-centered therapy model?

    Correct Answer:

    Accurate empathy refers to the counselor's ability to enter the client's inner world of private meanings and feelings "as if" it were the counselor's own, but without losing objectivity and self-awareness.

11. What is "unconditional positive regard" in the person-centered therapy model?

    Correct Answer:

    Unconditional positive regard refers to the counselor's ability to relate to the client with deep respect, with value, and without any conditions.

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12. What is “congruence” in the person-centered therapy model?

    Correct Answer:

    Congruence refers to the counselor’s ability to be aware of one’s own thoughts and feelings within an encounter and to share them with the client. It is being actively engaged as a real person in the therapeutic relationship with the client.

13. What two areas of knowledge are critical for a counselor to possess when providing grief counseling?

    Correct Answer:

    Grief counseling requires that the counselor have an understanding of the basic tenets of good counseling practice and expertise in the grieving process.

14. Name three counseling contexts in which grief counseling can be used.

    Correct Answer:

    Grief counseling can be used in the context of individual, marriage/couple, and family counseling.

15. List three goals of grief counseling.

    Correct Answer:

    Any three of the following: to provide a safe place for the client to share experiences and feelings; to help the client live without the deceased and make decisions alone; to help honor the client’s continuing bond with the deceased while moving forward in life at some point in the future; to provide support and time to focus on grieving in a safe place; to support the client on special days (birthdays, anniversaries); to teach about normal grieving and normal variations in grieving; to help clients integrate the loss into their assumptive world or to rebuild that world; to help clients understand their methods of coping; to help clients recognize their innate strengths in coping with and adapting to loss; to help clients identify their difficulties in coping and access professionals and other resources in the community as needed; and to help clients engage with life and others after experiencing a life-changing loss.

ESSAY

1. How is contemporary counseling different in approach from the psychological care model that was predominant prior to the 1960s?

   Correct Answer:

   The older model viewed the therapist as the expert on whom the client was dependent for answers and help. The therapist focused on discovering and analyzing the client’s deep-seated psychological problems and unrelated family dysfunctions so that he or she could help “fix” the client. This tended to foster dependence and disempowerment in the client. Contemporary counseling focuses on the client as the expert, the client’s innate strengths and inner resources, the client’s needs and experiences, and the counselor as one who helps the client address the client’s own problems.

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2. What are the key differences between counseling and therapy?

   Correct Answer:

   Counselors typically work with clients who are basically functional and who have concerns that arise in everyday life. Counseling is typically short-term or limited in scope. Counselors help clients reframe everyday events and identify personal strengths and resources they can use to overcome these events. Therapists, on the other hand, work with clients who are more dysfunctional in everyday life and who face long-standing, deeply rooted problems. As a consequence, therapy is typically long-term and ongoing in scope. Therapists help clients restructure their core concepts.

3. Describe what is distinctive about the therapeutic relationship compared with other relationships.

   Correct Answer:

   The therapeutic relationship is unique in that it exists to meet the needs of just one party in the relationship, the client, and that it focuses on this person as being the expert. It is also unique in that one party in the relationship, the counselor, has special training and experience to facilitate this relationship. As part of this role, the counselor establishes formal, specific boundaries to the relationship that protect both parties and operates within a defined ethical framework. This relationship is built on a model of respect and empowerment of one party, the client. In contrast, most other relationships tend to be mutual in that they exist to meet the needs of both parties involved. Most other relationships do not include one of the parties having special training and experience focused on managing the relationship. Other relationships do not normally have such formal and defined boundaries to protect both parties nor do they exist within a defined ethical framework. One similarity between therapeutic relationships and all other relationships is that both require some degree of compatibility or fit between the two parties.

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