Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

SKU: 9781119473312-TEST-BANK

Test Bank Questions for Chapter 1: Psychotherapy and Counseling Essentials: An Introduction

1. Contemporary counseling and psychotherapy theories are:
    a. Foundations from which we build our understanding of human development, human suffering, self-destructive behavior, and positive change.
    b. Unfortunately incompatible with recent brain research.
    c. Outdated, anachronistic, and not a good source of information for professionals.
    d. Best replaced by learning about specific therapy techniques.
    e. None of these statements are true.

2. What makes the theories in the textbook more than "pop psychology?"
    a. The theories in the textbook aren't really much different than pop psychology.
    b. Each theory has new research to support every theoretical proposition.
    c. Each theory has at least some research support and has been updated or adapted for working with diverse clients.
    d. The theories in the text are actually the most popular of the "pop psychology" theories.
    e. Both a and d are true.

3. Which statement is true about the case of Adrian?
    a. There's a mental disorder diagnosis for Adrian's condition (obsessive-compulsive disorder).
    b. Research-based therapies are available for Adrian's condition.
    c. There's no guarantee he can successfully change, even with therapy.
    d. All of the above.
    e. Only a and c.

4. Theories:
    a. Explain phenomena.
    b. Involve gathering and organizing knowledge.
    c. Help scientists (and therapists) make predictions.
    d. All of the above.
    e. Only a and b.

5. The comment "In psychology, even the rats are white and male" refers to which of the following?
    a. Experimental psychologists continue to use only white male rats in their research studies.
    b. Psychotherapy is useful only for white males.
    c. Most psychological theories were developed by white men of European descent and much of the research historically focused on whites and males.
    d. All of the above.
    e. Only b and c.

6. For the most part, early treatments for human distress and disturbance consisted of a combination of:
    a. Medical-biological procedures.
    b. Spiritual procedures.
    c. Psychosocial procedures.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

d. All of the above.
e. Only b and c.

7. The biomedical perspective:
    a. Utilizes counseling for those dying from a medical condition.
    b. Has involved trephining and lobotomies.
    c. Focuses primarily on using a psychoanalytic approach.
    d. All of the above.
    e. None of the above.

8. Trephining involved:
    a. The use of monks to counsel clients.
    b. Reverse siphoning of gas from the can to the vehicle.
    c. Cutting a hole in the skull to release evil spirits.
    d. Cutting holes on the skin to produce a behavior change.
    e. The sealing up of naturally occurring holes in the skull.

9. Dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT) utilize _____ to facilitate emotional regulation.
    a. Trephining.
    b. Buddhist mindfulness.
    c. String cheese.
    d. Feminist concepts.
    e. Medical interventions.

10. Which of the following perspectives emphasizes relationship and community over individuality, and its beginnings occurred in the context of people's experiences and interactions in personal, political, and professional settings?
    a. Biological perspective.
    b. Psychosocial perspective.
    c. Feminist-multicultural perspective.
    d. Religious-spiritual perspective.
    e. Relationship and community perspective.

11. Anna O. referred to psychotherapy as:
    a. "The talking cure."
    b. A method that involved "listening to and learning" from her therapist.
    c. Something that was "interesting but, in the end, unhelpful."
    d. "The holy grail."
    e. "The transference cure."

12. Which statement is LEAST consistent with what Corsini and Wedding believed about counseling and psychotherapy?
    a. They are the same qualitatively.
    b. They differ only quantitatively.
    c. There is no difference whatsoever.
    d. There is nothing that a psychotherapist does that a counselor does not do.
    e. None of these are consistent with what Corsini and Wedding stated.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

13. Which of the following is/are generally NOT true of counseling as compared to psychotherapy?
    a. Counseling usually lasts longer than psychotherapy.
    b. Counseling is usually cheaper than psychotherapy.
    c. Counseling is slightly more directive than psychotherapy.
    d. Counseling is generally more overtly surface work.
    e. All of these are true about counseling.

14. Which of the following is not a part of the 12-part definition of counseling/psychotherapy offered in the textbook?
    a. A trained professional.
    b. Accepted ethical guidelines.
    c. An explicit agreement.
    d. Therapist-defined goals.
    e. Using theoretically- or evidence-based procedures.

15. Which researcher claimed that therapy produced no benefits; on the contrary, it produced an inverse correlation between therapy and recovery? These claims led to an increase in outcome studies.
    a. Hans Eysenck.
    b. Jay Haley.
    c. Siddhartha Guatama.
    d. Anton Mesmer.
    e. Mary Smith.

16. Which of the following terms is a statistic used to estimate how much change is produced by a particular intervention?
    a. Meta-analysis.
    b. Bill Nye.
    c. Effect size.
    d. Validity.
    e. R^2.

17. Smith and Glass concluded that the average client treated with psychotherapy was better off than _____ of clients who received no treatment.
    a. 95%.
    b. 75%.
    c. 50%.
    d. 25%.
    e. 10%.

18. Eysenck's psychotherapy critique motivated researchers to:
    a. Emphasize the importance of confidentiality.
    b. Evaluate psychotherapy efficacy with greater scrutiny.
    c. Produce more psychotherapy research.
    d. Start an anti-Eysenck revolution.
    e. Only b and c.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

19. Based on research by Smith and Glass (1977) and others, the “Dodo bird effect” has come to be known as which of the following?
    a. Different therapists’ theoretical orientations and different techniques do not produce different results in a counseling situation.
    b. Drilling a small hole in the client’s temple on each side of the skull and inserting a dull knife, making the shape of a large bird.
    c. Taking a client’s biological and spiritual condition into account during therapy.
    d. Only b and c.
    e. None of the above

20. What is most true about the status of therapy effectiveness?
    a. Everyone agrees that therapy is very effective.
    b. Most researchers believe therapy is effective, but there are a few critics who question its efficacy.
    c. It’s unlikely that therapy is effective.
    d. There really hasn’t been enough research on therapy to say whether it’s effective.
    e. Effectiveness is the top dog and ineffectiveness is the underdog.

21. Lambert’s extratherapeutic change factors include which of the following?
    a. Client factors.
    b. Counseling techniques.
    c. Client motivation.
    d. All of the above.
    e. Only a and c.

22. According to Lambert, which common therapeutic factor(s) account(s) for approximately 15% of therapeutic change?
    a. Expectancy.
    b. Techniques.
    c. Extratherapeutic factors.
    d. All of the above.
    e. Both a and b (techniques and expectancy) account for 15%.

23. Efficacy research involves tightly controlled experimental trials with high internal validity, whereas effectiveness research:
    a. Produces results that are generalizable to real-life situations.
    b. Seeks to tightly control all experimental variables.
    c. Focuses on collecting data with strong external validity.
    d. All of the above.
    e. Only a and c.

24. Which of the following is a descriptive term used for treatments that are manualized and shown to be superior to a placebo or other treatments?
    a. Medically proven treatments.
    b. Research-based treatments.
    c. Psychotherapy.
    d. Empirically supported treatments.
    e. Empirically satisfying treatments.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

25. The emphasis on establishing empirical support for psychological treatments is partly a product of the need to:
    a. Compete for health care dollars.
    b. Encourage battle between theoretical approaches.
    c. Promote harmony and joy.
    d. Stimulate consumers to make free market decisions.
    e. None of the above

26. A good ethical code for the counseling profession has all of the following dimensions EXCEPT to be:
    a. Flexible.
    b. Educational.
    c. Aspirational.
    d. Judicial.
    e. Both a and b.

27. Of the following, the most essential strategy for developing competence as a therapist is:
    a. Working out your own issues.
    b. Making sure that you are just a little bit healthier than your clients.
    c. Being your professor's favorite student.
    d. Reading at least five counseling books a month.
    e. Obtaining a PhD instead of a PsyD.

28. Which of the following is/are important aspect(s) of informed consent?
    a. Informing clients in what ways you intend to work with them.
    b. Involving your client in a dialogue about your therapy approach.
    c. Informing your client of your training status and supervision arrangements.
    d. All of the above.
    e. Only a and b are a part of informed consent.

29. Areas of multicultural competencies include all of the following EXCEPT:
    a. Self-awareness.
    b. Becoming completely competent in multicultural counseling.
    c. Multicultural knowledge.
    d. Culturally specific techniques.
    e. All of the above.

30. One of the most important aspects of confidentiality is:
    a. Explaining limits of confidentiality only after a questionable disclosure.
    b. Discussing details about your client only with people you can trust.
    c. Keeping the identity of your client confidential.
    d. Never sharing anything about yourself with your client.
    e. Never keeping written records pertaining to your client.

31. It's important to avoid multiple roles in a counseling relationship because:
    a. The client has enough roles to work through.
    b. The therapist plays too many roles already.
    c. There is always a power differential between the client and the therapist.
    d. It becomes too easy for the client to take advantage of his or her therapist.
    e. Both c and d.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

32. Which statement(s) is/are NOT true about sex and counseling?
    a. In the 1960s and 1970s some mental health professionals claimed sex between client and therapist could be therapeutic.
    b. Sexual relations between client and therapist are very rare and therefore have never become an issue.
    c. Far too many professional therapists have had sexual relations with their clients.
    d. Sexual contact between therapist and client constitutes sexual abuse.
    e. Both a and b are true.

33. Experts estimate that approximately _____ of psychotherapy cases end in deterioration.
    a. Less than 3%.
    b. 3%–10%.
    c. 10%–15%.
    d. 15%–20%.
    e. 20%–25%.

34. Beneficence refers to:
    a. Striving to benefit those with whom you work.
    b. Striving to maximize your income.
    c. The amount of free services that you offer.
    d. The rate of insurance reimbursement (aka benefits).
    e. Only b and c.

35. Client factor(s) that can contribute to negative treatment outcomes is/are:
    a. Low client psychopathology.
    b. Low client motivation.
    c. High client psychopathology.
    d. All of the above.
    e. Only b and c.

36. Examples of potentially harmful therapies include:
    a. Client-centered therapies.
    b. Boot camp programs.
    c. Scared straight interventions.
    d. All of the above.
    e. Only b and c.

37. Lilienfeld (2007) conducted a systematic review of psychotherapy outcomes to identify therapy approaches that produce negative effects. He referred to these therapy approaches as _____.
    a. Psychiatric hospitalization treatments.
    b. Harmful therapeutic interventions.
    c. Probabilistic and hostile therapies.
    d. Prohibited therapies.
    e. None of the above.

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

38. Ideas for maximizing your positive therapy outcomes includes:
    a. Discontinuing the use of assessment procedures.
    b. Developing positive therapy relationships (aka the working alliance).
    c. Staying with a single theoretical orientation.
    d. All of the above.
    e. Only b and c.

39. Which of the following statements is/are true?
    a. Neurogenesis involves the creation of new brain cells.
    b. Physical exercise probably increases serotonin levels in the brain.
    c. Testosterone levels vary as a function of human experience.
    d. All of the above.
    e. Only b and c.

40. Which lobe of the human brain is primarily associated with visual processing?
    a. Frontal lobe.
    b. Parietal lobe.
    c. Occipital lobe.
    d. Temporal lobe.
    e. The central sulcus.

41. The limbic system is an area in the brain involved in:
    a. Visual and auditory perception.
    b. Memory and emotional experiencing.
    c. Logical thinking.
    d. Behavioral inhibition.
    e. Loving-kindness meditation.

42. The ortgeist is:
    a. The spirit of the place.
    b. The spirit of the time.
    c. A mischievous ghost.
    d. A Croatian meat dish.
    e. Another term for researcher bias.

43. In Chapter 1, being prepared for the unexpected or the spirit of mischievous refers to:
    a. Zeitgeist.
    b. Poltergeist.
    c. Ortgeist.
    d. Shadow.
    e. Meta-analysis.

Answer Key—Chapter 1

1. a
2. c
3. d
4. d
5. c
6. d

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank

7. b
8. c
9. b
10. c
11. a
12. c
13. e
14. d
15. a
16. c
17. b
18. e
19. a
20. b
21. e
22. e
23. a
24. d
25. a
26. a
27. a
28. d
29. b
30. c
31. c
32. b
33. b
34. a
35. d
36. e
37. e
38. b
39. d
40. c
41. b
42. a
43. b

Counseling and Psychotherapy Theories in Context and Practice 3rd edition Sommers Flanagan Test Bank