Theory and Practice of Counseling and Psychotherapy 10th edition Corey Test Bank

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1. It is especially important for counselors who work with culturally diverse client populations to do all of the following, ***except***:
   a. be aware of their own cultural heritage.
   b. have a broad base of counseling techniques that can be employed with flexibility.
   c. not consider the cultural context of their clients in determining what interventions are appropriate.
   d. examine their own assumptions about cultural values.

   ANSWER: c

2. According to the text, personal values of the counselor influence all of the following, ***except***:
   a. our views of the goals of counseling.
   b. the way we conduct client assessments.
   c. the interventions we choose.
   d. how the clients' life progressed prior to treatment.

   ANSWER: d

3. Clients place more value on the personality of the therapist than on the _____.
   a. specific techniques used.
   b. specific words the therapist used.
   c. therapist's theoretical orientation.
   d. aesthetics of the therapeutic setting.

   ANSWER: a

4. Regarding psychotherapy treatment outcome, research suggests all of the following ***except***:
   a. the therapist as a person is an integral part of successful treatment.
   b. the therapeutic relationship is an essential component of effective treatment.
   c. both the therapy methods used and the therapy relationship influence the outcomes of treatment.
   d. therapy techniques are the key component of successful treatment.

   ANSWER: d

5. An authentic counselor is best described as:
   a. having the highest regard for all clients.
   b. being willing to be totally open and self-disclosing.
   c. being a technical expert who is committed to objectivity.
   d. being willing to look at his or her own life and make the changes wanted; he or she can model that process to be the way it is revealed to the client.

   ANSWER: d

6. In the text, all of the following are listed as characteristics of the counselor as a therapeutic person ***except***:
   a. counselors have a sense of humor.
   b. counselors no longer have to cope with personal problems.
   c. counselors make choices that are life oriented.
   d. counselors make mistakes and are willing to admit them.

   ANSWER: b

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7. _____ cannot be reduced simply to cultural awareness and sensitivity.
   a. Cultural diversity
   b. Multicultural competence
   c. Multicultural diversity
   d. Theoretical pluralism

   ANSWER: b

8. In the text, one reason given for having counseling students receive some form of psychotherapy is to help them:
   a. work through early childhood trauma.
   b. learn to deal with transference and countertransference.
   c. recognize and resolve their co-dependent tendencies.
   d. become self-actualized individuals.

   ANSWER: b

9. Personal therapy for therapists can be instrumental in assisting them to:
   a. heal their own psychological wounds.
   b. gain an experiential sense of how to control the therapeutic session.
   c. understand their own needs and motives and how to heal them while counseling others.
   d. learn how to work through their own personal conflicts while counseling others.

   ANSWER: a

10. With regard to the role of counselors' personal values in therapy, it is appropriate for counselors to:
   a. teach and persuade clients to act the right way.
   b. maintain an indifferent, neutral, and passive role by simply listening to everything the client reports.
   c. avoid challenging the values of clients.
   d. avoid imposing their values through a process of bracketing.

   ANSWER: d

11. The author describes the characteristics of an effective counselor. By including this information in the chapter, he is hoping to convey the message that:
   a. if you do not possess all of these characteristics, you are doomed to fail in the helping professions.
   b. deficits in these qualities almost always require years of psychoanalysis.
   c. you should develop your own concept of what personality traits you think are essential to strive for to promote your own personal growth.
   d. those who possess all of these qualities can bypass the requirement to participate in clinical supervision.

   ANSWER: c

12. During an initial session, an adolescent girl tells you that she is pregnant and is considering an abortion. Which of the following would be the most ethical and professional course for you to follow?
   a. Encourage her to get the abortion as soon as possible, without exploring any other option.
   b. Steer her toward having her baby and then consider adoption for her baby.
   c. Suggest that she go to church and pray about her situation.
   d. Help her to clarify the range of her choices in light of her own values.

   ANSWER: d

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13. Culturally encapsulated counselors would be most likely to:
    a. use their power to influence clients to accept or adopt their value system.
    b. have an appreciation for a multicultural perspective in their counseling practice.
    c. recognize the cultural dimensions their clients bring to therapy.
    d. accept clients who have a different set of assumptions about life.

    ANSWER: a

14. You are working with an ethnic minority client who is silent during the initial phase of counseling. This silence is probably best interpreted as:
    a. resistance.
    b. a manifestation of uncooperative behavior.
    c. a response consistent with his or her cultural context.
    d. a clear sign that counseling will not work.

    ANSWER: c

15. Which of the following is ***not*** considered an essential skill of an effective culturally competent counselor?
    a. Being able to modify techniques to accommodate cultural differences
    b. Being able to send and receive both verbal and nonverbal messages accurately
    c. Being able to get clients to intensify their feelings by helping them to vividly reexperience early childhood events
    d. Being willing to seek out educational, consultative, and training experiences to enhance their ability to work with culturally diverse client populations

    ANSWER: c

16. Which of the following is ***not*** considered essential knowledge for a culturally competent counselor?
    a. Knowing how to analyze transference reactions
    b. Understanding the dynamics and impact of oppression and racism
    c. Being able to understand the worldview of their clients, and learn about their clients' cultural background
    d. Being aware of institutional barriers that prevent minorities from utilizing the mental health services available in their community

    ANSWER: a

17. Essential components of effective multicultural counseling include all of the following ***except***:
    a. counselors avoid becoming involved in out-of-office interventions.
    b. counselors feel comfortable with their clients' values and beliefs.
    c. counselors are aware of how their own biases could affect ethnic minority clients.
    d. counselors employ institutional intervention skills on behalf of their clients when necessary or appropriate.

    ANSWER: a

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18. Effective counseling must take into account the impact of culture on the client's functioning, including the:
    a. client's expectations for possible vacation time from counseling.
    b. client's degree of acculturation.
    c. attitudes these clients have about time off during counseling for their personal time.
    d. messages clients received from their family members while attending counseling.

    ANSWER: b

19. Which of the following is ***not*** a method of increasing effectiveness in working with diverse client populations?
    a. Learn about how your own cultural background has influenced your thinking and behaving
    b. Realize that practicing from a multicultural perspective will probably make your job very difficult
    c. Be flexible in applying techniques with clients
    d. Identify your basic assumptions pertaining to diversity

    ANSWER: b

20. The_____ factors—the alliance, the relationship, the personal and interpersonal skills of the therapist, client agency, and extra-therapeutic factors—are the primary determinants of therapeutic outcome.
    a. logistical
    b. contextual
    c. psychodynamic
    d. technical

    ANSWER: b

21. If we are inauthentic, it is unlikely that our clients will detect it.
    a. True
    b. False

    ANSWER: False

22. A meta-analysis of research on therapeutic effectiveness found that the personal and interpersonal components are, at best, only moderately related to effective psychotherapy.
    a. True
    b. False

    ANSWER: False

23. Effective therapists are not the victims of their early decisions.
    a. True
    b. False

    ANSWER: True

24. Therapists should not admit their mistakes since that could diminish their clients' confidence in them.
    a. True
    b. False

    ANSWER: False

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25. Truly dedicated therapists carry the problems of their clients around with them during leisure hours.
    a. True
    b. False

    ANSWER: False

26. The vast majority of mental health professionals have experienced personal therapy, typically on several occasions.
    a. True
    b. False

    ANSWER: True

27. Therapists need to be free of conflicts before they can counsel others.
    a. True
    b. False

    ANSWER: False

28. It is not our function to persuade clients to accept or adopt our value system.
    a. True
    b. False

    ANSWER: True

29. Your role as a counselor is to provide a safe and inviting environment in which clients can explore the congruence between their values and their behavior.
    a. True
    b. False

    ANSWER: True

30. The general goals of counselors must be congruent with the personal goals of the client.
    a. True
    b. False

    ANSWER: True

31. If you try to figure out in advance how to proceed with a client, you may be depriving the client of the opportunity to become an active partner in her or his own therapy.
    a. True
    b. False

    ANSWER: True

32. Counselors from all cultural groups must examine their expectations, attitudes, biases, and assumptions about the counseling process and about persons from diverse groups.
    a. True
    b. False

    ANSWER: True

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33. Practitioners must have had the same experiences as their clients in order to have empathy for them.
    a. True
    b. False

    ANSWER: False

34. The skill of immediacy involves revealing what we are thinking or feeling in the here and now with the client.
    a. True
    b. False

    ANSWER: True

35. Ideally, our self-care should mirror the care we provide for others.
    a. True
    b. False

    ANSWER: True