Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

SKU: 9781305271456-TEST-BANK

1. All of the following are identified as critical commitments that helpers make to grow into clinical competence EXCEPT:
   a. lifelong learning.
   b. collaboration.
   c. malfeasance.
   d. values-based practice.

   ANSWER: c
   REFERENCES: Four Critical Commitments

2. A helper has a challenging, new client. He decides to brainstorm with his supervisor to determine how to proceed. Seeking supervision is a sign of:
   a. competence.
   b. congruence.
   c. incongruence.
   d. confidence.

   ANSWER: a
   REFERENCES: Growing Into Professional Competence

3. Helpers are not in a position of authority in relation to clients.
   a. true
   b. false

   ANSWER: b
   REFERENCES: Four Critical Commitments

4. A helper frequently checks in with the client to ensure mutual understanding and they are working toward the same goals. This is an example of a commitment to:
   a. lifelong learning.
   b. collaboration.
   c. malfeasance.
   d. values-based practice.

   ANSWER: b
   REFERENCES: Four Critical Commitments

5. All of the following may be defined as a helper's misuse of power EXCEPT:
   a. using a client's nickname without permission.
   b. assuming we know more about the client's situation or experience than is possible.
   c. convincing a new client that their diagnosis is "right."
   d. consulting with a supervisor when an experienced helper is unsure about how to proceed.

   ANSWER: d
   REFERENCES: Four Critical Commitments

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

6. _____ begins with prioritizing or centralizing the values of the service user or client, respects the diversity of values represented by other professionals on the treatment team, and is consistent evidence-based practice.
   a. Values-biased practice
   b. Values-based practice
   c. Collaboration
   d. Goal-driven practice

   ANSWER: b
   REFERENCES: Four Critical Commitments

7. A helper states, "I don't have anything against gay people." This statement is a(n):
   a. disavowal of individual heterosexism.
   b. endorsement of heteronormative culture and behaviors.
   c. oversexualization.
   d. empathetic endorsement of heteronormative culture and behaviors.

   ANSWER: a
   REFERENCES: Four Critical Commitments

8. The ethical principle of nonmalficence is:
   a. do no harm.
   b. increase healthy coping.
   c. change is possible.
   d. understanding and empathy.

   ANSWER: a
   REFERENCES: Four Critical Commitments

9. Race is a biological category based on genetic traits such as skin color.
   a. true
   b. false

   ANSWER: b
   REFERENCES: Diversity Issues

10. All of the following are cultural influences in the ADDRESSING framework EXCEPT:
    a. developmental disabilities.
    b. ethnic and racial identity.
    c. socioeconomic status.
    d. immigration history.

    ANSWER: d
    REFERENCES: Diversity Issues

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

11. A helper encourages a client to express their own cultural identity and prioritize their values and practices. This would be considered a(n) _____ perspective.
    a. empathetic
    b. monolithic
    c. idiographic
    d. exographic

    ANSWER: c
    REFERENCES: Practicing Idiographically

12. All of the following were identified as characteristics of privileged status EXCEPT:
    a. having access to power in a particular society.
    b. having a strong minority voice in a particular society.
    c. having access to decision-making in a particular society.
    d. being part of the dominant group in a particular society.

    ANSWER: b
    REFERENCES: Practicing Idiographically

13. Privilege is a benefit that is not earned or acquired through merit.
    a. true
    b. false

    ANSWER: a
    REFERENCES: Practicing Idiographically

14. A Spanish speaking helper assumes they understand the meaning of their client's Spanish words since they speak the same language. This may be an example of a(n):
    a. unintentional racism.
    b. therapist's inaction.
    c. racial integration.
    d. racial objectivity.

    ANSWER: a
    REFERENCES: Practicing Idiographically

15. Sue and Sue (2008) identified all the following characteristics of a culturally skillful practitioner EXCEPT:
    a. developing the appropriate intervention strategies and techniques.
    b. helper's awareness of their own assumptions, values, and biases.
    c. educating the client about the helper's ethnicity.
    d. understanding the worldview of the client.

    ANSWER: c
    REFERENCES: Beyond Multicultural Competencies to Cultural Attunement

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

16. During the first session, the helper discusses the risks and benefits of the service and treatment and the meaning, extent, and limits of confidentiality. These are a few steps of:
    a. empowered consent.
    b. autonomy.
    c. maleficence.
    d. assessment.

    ANSWER: a
    REFERENCES: Ethical Practice

17. All of the following statements are true of confidentiality EXCEPT:
    a. confidentiality is the promise to respect and honor another's privacy.
    b. helpers who breach client confidences can do serious and often irreparable harm to the helping relationship.
    c. practitioners generally are not free to reveal or disclose information unless they have first received written permission from clients.
    d. confidentiality can only be breached when a client is at risk for self-harm.

    ANSWER: d
    REFERENCES: Ethical Practice

18. _____ is the legal right that protects the client from the forced disclosure of personal and sensitive information in legal proceedings.
    a. Confidentiality
    b. Privacy
    c. Privilege
    d. Confidence

    ANSWER: c
    REFERENCES: Ethical Practice

19. _____ is the clinician's obligation not to disclose confidential information about a client, whereas _____ deals with the patient's right to exclude from a legal proceeding communications made to a treating clinician.
    a. Confidentiality; privacy
    b. Confidentiality; privilege
    c. Privilege; confidentiality
    d. Privacy; confidentiality

    ANSWER: b
    REFERENCES: Ethical Practice

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

20. A helper contracts with her client to provide landscaping duties around her home (cutting the grass, raking leaves, and planting flowers). This is an example of a:
    a. multiple role relationship.
    b. mutually beneficial role relationship.
    c. complex counseling role.
    d. mutual consent relationship.

    ANSWER: a
    REFERENCES: Ethical Practice

21. All of the following were identified as ways to maintain appropriate boundaries with clients outside of the session EXCEPT:
    a. provide clients with rules concerning the use of your personal email address.
    b. informing clients that any attempt to contact you on a social networking site will be ignored.
    c. choosing not to maintain an account on a social networking site.
    d. periodically conducting a self-search on the Internet to locate unintended and unwanted postings.

    ANSWER: a
    REFERENCES: Ethical Practice

22. Self-disclosure was identified as possibly being appropriate in all of the following ways EXCEPT:
    a. building rapport.
    b. strengthening the therapeutic alliance.
    c. client normalization and empowerment.
    d. processing the helper's emotions and biases.

    ANSWER: d
    REFERENCES: Ethical Practice

23. According to Mitchell (2007), helpers must keep timely and accurate records for the following three primary reasons:
    a. fiscal, clinical, and discovery.
    b. fiscal, clinical, and legal accountability.
    c. clinical, legal accountability, and supervision.
    d. clinical, fiscal, and supervision.

    ANSWER: b
    REFERENCES: Ethical Practice

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank

24. All of the following are covered under the HIPAA's Privacy Rule EXCEPT:
    a. clients are entitled to review their record.
    b. clients are entitled to be informed about to whom information has been disclosed.
    c. clients are entitled to copies of their records without being charged a fee.
    d. clients are entitled to a written notice about the privacy practices of the helping setting.

    ANSWER: c
    REFERENCES: Ethical Practice

25. A mental health agency's computer is hacked due to an inadequate firewall program. Client's personal information is accessed. This would be a violation of HIPAA's _____ Rule.
    a. Security
    b. Privacy
    c. Electronic
    d. Computer

    ANSWER: a
    REFERENCES: Ethical Practice

26. Describe three ways that a helper may misuse his or her power.

    ANSWER: Answers may vary.
    REFERENCES: Four Critical Commitments

27. Identify and provide examples of two sexual-orientation microaggressions discussed by Sue (2010).

    ANSWER: Answers may vary.
    REFERENCES: Four Critical Commitments

28. Describe three ways in which you may enhance your cultural self-awareness as a helper.

    ANSWER: Answers may vary.
    REFERENCES: Practicing Idiographically

29. What are four areas that should be disclosed to prospective clients to inform their consent about participating in treatment?

    ANSWER: Answers may vary.
    REFERENCES: Ethical Practice

30. What is the purpose of 42 CFR?

    ANSWER: Answers may vary.
    REFERENCES: Ethical Practice

Copyright Cengage Learning. Powered by Cognero.

Interviewing and Change Strategies for Helpers 8th edition Cormier Test Bank