Intentional Interviewing and Counseling 9th edition Ivey Test Bank

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TRUE/FALSE

1 : Do no harm to your clients; treat them responsibly with full awareness of the social context of helping summarizes the essence of ethical codes.
A : true
B : false

Correct Answer : A

2 : Political correctness is a way to describe something with minimal offense.
A : true
B : false

Correct Answer : A

3 : Worldview is formally defined as the way you and your client interpret humanity and the world.
A : true
B : false

Correct Answer : A

4 : Developing awareness, knowledge, and skills is all you need to be an effective counselor.
A : true
B : false

Correct Answer : B

5 : Awareness, knowledge, and skills are meaningless unless you act.
A : true
B : false

Correct Answer : A

6 : Positive thoughts, used effectively in counseling, can override negative feelings.
A : true
B : false

Correct Answer : A

MULTIPLE CHOICE

7 : Interviewers can predict that both they and their clients will appreciate, gain respect, and learn from increasing knowledge in intersecting identities, the nature of privilege, and multicultural competence when the interviewer _____.
A : is an educated, qualified, and experienced professional
B : bases her behavior on an ethical approach with an awareness of diversity
C : is competent to address any and all multicultural issues
D : stays within the boundaries of multicultural guidelines and practice competencies

Correct Answer : C

8 : When you observe and practice ethically and follow professional standards, you can anticipate:
A : more liability in your practice.
B : the client will recognize your position of power within the relationship.
C : increased client trust and understanding in the interview process.
D : negative issues of social justice because justice is blind.

Correct Answer : C

9 : Ethical codes aid the helping process by:
A : teaching and promoting the basics of ethical and appropriate practice.
B : serving as a mechanism to improve practice.
C : protecting clients by providing accountability.
D : all of the above

Correct Answer : D

10 : Ethical codes promote professional empowerment by assisting professionals and professionals-in-training to:
A : maintain good practices.
B : protect the client.
C : consider the social context of helping.
D : all of these.

Correct Answer : D

11 : Which of the following professional organizations have published ethical standards?
A : American Association of Marriage and Family Therapy (AAMFT) Code of Ethics
B : American Psychological Association (APA) Ethical Principles of Psychologists and Code of Conduct
C : American Counseling Association (ACA) Code of Ethics
D : all of these.

Correct Answer : D

12 : Interviewers need to have education and training, supervised experience, state and national professional credentials, and appropriate professional experience. This ethical standard relates primarily to:
A : competence.
B : informed consent.
C : confidentiality.
D : diversity.

Correct Answer : A

13 : Counselors should practice only within the boundaries of:
A : competence.
B : education, training, and supervision.
C : professional credentials and appropriate professional experience.
D : all of the above

Correct Answer : D

14 : Counselors practice only within the boundaries of their competence based on:
A : education and training.
B : supervised and appropriate professional experience.
C : state and national professional credentials.
D : all of the above

Correct Answer : D

15 : The need for appropriate supervision most pertains to which ethical area?
A : Competence
B : Informed consent
C : Confidentiality
D : Power

Correct Answer : A

16 : HIPAA is the acronym for:
A : Health Incorporated for Patients Assistance for Allstate.
B : Health Insurance Portability and Accountability Act.
C : Health Insurance for Patients from All Alliances.
D : Health Insurance Provided by Allstate to All.

Correct Answer : B

17 : Informed consent refers to:
A : providing clients with clear and adequate information about what is happening in the interview and informing them about your own competence.
B : telling the client halfway through the interview about their rights.
C : too many people avoiding this critical issue.
D : honestly discussing multicultural differences between the counselor and client.

Correct Answer : A

18 : Informed consent means:
A : informing your clients about your training, background, and possible dual relationships.
B : going over the purposes, goals, limitations, and possible benefits of counseling.
C : obtaining permission to audiotape an interview.
D : all of the above

Correct Answer : D

19 : As it relates to client rights and informed consent, which one of the following statements is FALSE?
A : Throughout the counseling process, as appropriate, counselors must inform clients of goals, techniques, limitations, risks, and benefits.
B : Clients have the right to participate in counseling planning and the right to refuse services.
C : Clients are informed of the therapy plan outlined by an experienced therapist and follow it with little deviation.
D : Counselors must make sure clients understand the limits of confidentiality.

Correct Answer : C

20 : When does the counselor inform the client of purposes, goals, techniques, procedures, limitations, potential risks, and benefits of the counseling process?
A : At the beginning of the counseling relationship
B : After the client agrees to a counseling relationship
C : Every other session without fail
D : During informed consent and at any time when conditions change or new issues are discovered

Correct Answer : D

21 : Which of the following is an ethical imperative when you are a trainee meeting with a new client for the first time?
A : Prepare for the session carefully, and go over your plan with the supervisor.
B : Review ethical standards and agency policy.
C : Inform your client that you are in training, and give the client the supervisors name.
D : Work with the policy of your agency on this issue, and only inform the client if that is their policy.

Correct Answer : C

22 : Which of the following statements is NOT true regarding the power relationship between client and counselor?
A : Human services professionals are aware that in their relationship with clients, power and status are equal.
B : Power aspects of dual or multiple relationships may impair professional judgment.
C : The very act of helping has power implications.
D : Awareness of and openness to talking about power issues is an appropriate way to improve client relations.

Correct Answer : A

23 : How does it feel, being a woman, to talk to me about this issue, as I am a man? Discussing this issue is part of the ethical area of:
A : informed consent.
B : social justice.
C : competence (boundaries).
D : privilege.

Correct Answer : D

24 : Naming:
A : is basic to work with traumatized clients.
B : helps rewire brain networks in more positive ways.
C : can help client identify biased or racist actions or situations.
D : all of these.

Correct Answer : D

25 : Which of the following statements is NOT true of multicultural competence?
A : Every skill, strategy, and helping theory is examined for its cultural appropriateness.
B : Interviewers learn their own limitations in cultural expertise and seek supervision as necessary.
C : Multicultural competence helps professionals specialize and become proficient in single

culture counseling and therapy.
D : Multicultural competence helps professionals make a lifelong commitment to learning the multicultural base of practice.

Correct Answer : C

26 : Multicultural competence focuses on:
A : awareness, knowledge, skills, and actions required for all practice, research, and training.
B : ethical statements for effective multicultural work.
C : an adopted set of absolute rules for counselors and psychologists.
D : culturally specific treatment methods.

Correct Answer : A

27 : I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed. This is an example of:
A : White privilege.
B : heterosexual privilege.
C : middle-class privilege.
D : male privilege.

Correct Answer : A

28 : I am not taught to fear walking alone after dark in average public places. This is an example of:
A : White privilege.
B : heterosexual privilege.
C : middle-class privilege.
D : male privilege.

Correct Answer : D

29 : I have enough financial reserves that I can handle a major car problem without a large financial crisis. This is an example of:
A : White privilege.
B : heterosexual privilege.
C : middle-class privilege.
D : male privilege.

Correct Answer : C

30 : If I were to move, I can be pretty sure that I can rent or purchase housing in an area that I can afford and in which I want to live. This is an example of:
A : White privilege.
B : heterosexual privilege.
C : male privilege.
D : religious privilege

Correct Answer : A

31 : If I am promoted, I can be confident that my coworkers wont think it was because of my gender. This is an example of:
A : socioeconomic privilege.

B : White privilege.
C : female privilege.
D : male privilege.

Correct Answer : D

32 : Multicultural competence includes:
A : awareness.
B : knowledge.
C : skills.
D : all of the above.

Correct Answer : D

33 : Multicultural Guidelines and Competencies, Dimension 1: Be aware of your own assumptions, values, and biases. Based on this, which of the following contributes to your ability to become more self-aware?
A : Develop a specialty practice by immersing yourself in every detail of daily life of one or two cultural groups at a time.
B : Consider yourself as a cultural being and recognize your own limitations.
C : Rather than consider each client as unique, focus on the common behaviors that the person before you may have in common with the cultural group to which they belong.
D : Achieve complete multicultural knowledge through study and experience.

Correct Answer : B

34 : Multicultural Guidelines and Competencies: Dimension 2: Understand the worldview of the culturally different client. According to this, which of the following contributes to your ability to comprehend the worldview of diverse clients?
A : By applying traditional approaches to counseling theory and skills, you will achieve similar results to all cultural groups.
B : Your study and experiences will enhance your confidence in cross-cultural counseling.
C : If you hold inaccurate stereotypes, you must listen and learn respect for how your client interprets humanity and the world.
D : The impact of socioeconomic factors and other oppressive forces may vary some among cultural groups, but overall the impact is similar.

Correct Answer : C

35 : Past research has found that _____ percent of minority clients do NOT return to counseling after a first session?
A : 10%
B : 20%
C : 35%
D : 50%

Correct Answer : D

36 : The third multicultural guideline and competency is to develop skills and action to cope with the results of discrimination and build cultural health. Which one of the following contributes to your ability to develop appropriate intervention strategies and techniques?
A : Create respect and trust by remaining politically correct at all times.
B : Expand your knowledge with traditional strategies and newer, diversity sensitive methods.

C : Use traditional counseling strategies proven appropriate over time.
D : Just sitting with the client.

Correct Answer : B

37 : Mark Pope, Cherokee Nation and Past-President of the American Counseling Association, noted all EXCEPT which of the following?
A : Counselors are now being trained fully to meet multicultural competencies.
B : We are all committed to the dignity and value of each individual.
C : Each of us is a multicultural being.
D : We need to address our own issues of prejudice.

Correct Answer : A

38 : Awareness, knowledge, skills, and action are:
A : essential to master counseling skills.
B : key components of Ivey, Ivey, and Zalaquetts teaching model.
C : critical to work effectively with clients different from you.
D : all of these.

Correct Answer : D

39 : Which of the following is NOT true regarding a strength-based wellness model?
A : The model builds on the clients strengths and assets.
B : The model emphasizes the individual origin of symptoms.
C : The model leads to a more egalitarian and empathic relationship in the counseling.
D : The model places the client in the role of an active and engaged agent.

Correct Answer : B

40 : Which of the following is NOT part of optimism?
A : A trust that things will work out
B : A sense of personal weakness
C : A belief that you will learn from difficulties
D : A belief in the future

Correct Answer : B

41 : Which of the following is TRUE?
A : Resilience is the actual ability to bounce back from difficulty.
B : Optimism is the actual ability to bounce back from difficulty.
C : Resilience is the imagined ability to bounce back from difficulty.
D : Optimism is not related to resilience.

Correct Answer : A

42 : The prime storehouse of positive emotions is the:
A : thalamus.
B : amygdala.
C : cingulate cortex.
D : frontal cortex.

Correct Answer : D

43 : Which of the following statements best describes the application of therapeutic lifestyle changes?
A : It is important to focus on and resolve client problems, issues and concerns; it is the reason they choose counseling.
B : Counseling, human services, psychology, and social work have a long tradition of helping clients solve problems.
C : Locate the ways clients cope with anxiety and stress, already existing resources that may be enlarged once their existence is recognized.
D : The field of psychology emphasizes the disease model and focuses on damage repair.

Correct Answer : A

44 : Paying attention to strengths in the client involves all EXCEPT which of the following language systems?
A : Positive psychology
B : Wellness approach
C : Positive asset search
D : Drawing out the clients story fully and carefully

Correct Answer : D

45 : Emphasis on positives within counseling, human services, psychology, and social work may be known by all EXCEPT which of the following terms?
A : Positive psychology
B : Concrete theoretical approach
C : Wellness approach
D : Positive asset search

Correct Answer : B

46 : Which of the following is the first step in the development of an intentional wellness plan?
A : Summarizing wellness strengths
B : Appraising areas for improvement
C : Establishing one or two goals
D : Contracting for action

Correct Answer : A

47 : Exercise is a recommended preventive treatment for:
A : obesity.
B : cancer.
C : slowing onset of Alzheimers.
D : all of these.

Correct Answer : D

48 : Multiculturalism refers to more than race and ethnicity. The RESPECTFUL model expands the definition of difference. Which of the following is included in the 10 dimensions of difference defined by the RESPECTFUL model?
A : Sexual identity
B : Trauma
C : Location of residence

D : All of these

Correct Answer : D

49 : If anything, informed consent when working with children is _____.
A : not an issue when you work in a well-organized school system
B : perhaps even more important than with adults
C : a concern to parents
D : all of these

Correct Answer : B

ESSAY

50 : What is White privilege? Middle-class privilege? Male privilege? Please give two examples of each.

Correct Answer : Answers may vary.?

51 : How can we ensure that counselors and interviewer become multiculturally competent? What specific areas do you see for yourself as needing further growth? How will you address these issues?

Correct Answer : Answers may vary.?

52 : How could you use the RESPECTFUL model to enhance your multicultural skills?

Correct Answer : ?Answers may vary.

53 : List and describe the four guidelines of multicultural competence described in the book.

Correct Answer : Answers may vary.?