Developing Helping Skills 3rd edition Chang Test Bank

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TRUE/FALSE

1 : The dual perspective recognizes that life is viewed differently by people in marginalized groups since culture maintains the dominant groups power by objectifying the other.
A : true
B : false

Correct Answer : A

2 : The constructivist practitioner works with clients to find out if there are exceptions to their negative constructs.
A : true
B : false

Correct Answer : A

3 : One of the tasks of practitioners using the resilience perspective is to have clients dwell on past failures since mistakes are windows of learning.
A : true
B : false

Correct Answer : B

MULTIPLE CHOICE

4 : All of the following are ways of perceiving self and others EXCEPT:
A : constructivist perspective.
B : dual perspective.
C : resilience perspective.
D : individualistic perspective.

Correct Answer : D

5 : Which of the following is NOT an example of a personal construct?
A : I am smart.
B : I like eating apples.
C : The world is a dangerous place.
D : If you put your mind to it, you can do it.

Correct Answer : B

6 : Language is an important factor in this process of making meaning of experiences because:
A : people who cannot speak often do not experience things the same way as people who can speak.
B : meaning comes from what others tell you to believe.
C : one cannot have experiences without language.
D : the ways that people talk about themselves and their world influence their perceptions.

Correct Answer : D

7 : Which of the following is NOT included in the texts description of personality?

A : Behavior patterns
B : Traits
C : Characteristics
D : Emotions

Correct Answer : D

8 : Constructs are often difficult to change because:
A : individuals experience the ideas as truth.
B : people generally dont want to change.
C : there are no right or wrong constructs.
D : they are hard to identify.

Correct Answer : A

9 : _____ is important in the meaning-making process, since it influences perceptions of self and world.
A : Personality
B : Therapy
C : Language
D : Resilience

Correct Answer : C

10 : Constructivists contend that change occurs when all of the following occur EXCEPT:
A : when clients see problems with their constructs.
B : when the client adopts a new perspective at the insistence of the practitioner.
C : when constricting personal constructs are challenged.
D : when constructs are developed that embrace new ideas and behavioral possibilities.

Correct Answer : B

11 : Which of the following is NOT a characteristic of family rules?
A : They demonstrate the familys values.
B : They guide decision making.
C : They are influenced by culture.
D : They change from generation to generation.

Correct Answer : D

12 : All of the following are characteristics of a closed family system EXCEPT
A : They tend to exist in relative isolation.
B : As the family matures, changes are tolerated and supported.
C : Family members are suspicious of outsiders.
D : Families hold onto their established values and traditions.

Correct Answer : B

13 : Which of the following is NOT one of the three components of the ecological perspective?
A : Life stressors
B : Adaptations
C : Individuality
D : Person-environment fit

Correct Answer : C

14 : From an ecological perspective, if a client decides to engage regularly in cocaine use, her behavior would be considered:
A : dysfunctional.
B : maladaptive.
C : sensible given the context.
D : acceptable.

Correct Answer : C

15 : There is a direct correlation between empowerment and:
A : level of participation.
B : independence.
C : happiness.
D : wealth.

Correct Answer : A

16 : From the ecological perspective, problems arise when challenges occur in _____ environments.
A : unresponsive
B : overly responsive
C : family
D : intrapsychic

Correct Answer : A

17 : Some of the firmest constructs of the self are developed _____.
A : in vitro.
B : in childhood.
C : in adolescence.
D : individually.

Correct Answer : B

18 : Practitioners using the resilience framework with clients will help them to:
A : develop a positive outlook on life and help them to increase their awareness of strengths and competencies.
B : understand their view of the problem.
C : identify past successes and look at the qualities that helped them achieve those successes.
D : focus on the past because it is an opportunity for learning.

Correct Answer : A

19 : Protective factors that play a role in developing and sustaining resilience include all of the following EXCEPT:
A : individual and family characteristics.
B : community factors.
C : socio-cultural factors.
D : previous stressors.

Correct Answer : D

20 : Which of the following is NOT an example of a protective factor according to the resilience perspective?
A : Being an ethnic minority
B : Attachment to others
C : Tolerance of negative affect
D : Participation in traditional practices

Correct Answer : A

21 : When working with a client from a resilience perspective, the practitioner should explore:
A : protective and risk factors, life challenges, and relationships.
B : relationships, context, and person-environment fit.
C : behavior, emotions, and constructs.
D : life challenges, risk factors, and institutionalized racism.

Correct Answer : A

22 : A practitioner works with the client to take control of circumstances and to develop aptitudes, strengths, and a sense of competence to be recognized as an equal. From which perspective is the practitioner operating?
A : Constructivist
B : Empowerment
C : Family systems
D : Strengths

Correct Answer : B

23 : The dual perspective views an individual as:
A : having two or more identities.
B : either Euro-American or ethnic minority.
C : interacting and adapting to two surrounding systems or environments the nurturing and sustaining environment.
D : facing two life challenges in two areas work and home.

Correct Answer : C

24 : Euro-Americans tend to experience a _____ fit between the sustaining and nurturing environments; ethnic and racial groups tend to experience a ____ fit between them.
A : good; good
B : poor; poor
C : poor; good
D : good; poor

Correct Answer : D

25 : A practitioner views a clients stealing as unacceptable behavior but understandable given the context. The practitioner is likely practicing from a(n):
A : constructivist perspective.
B : ecological perspective.
C : empowerment perspective.
D : dual perspective

Correct Answer : B

ESSAY

26 : Briefly describe the internal and external components of empowerment. How might these components be addressed in treatment?

Correct Answer : Answers may Vary

27 : Describe appreciative inquiry and give an example that is not already listed in the text.

Correct Answer : Answers may Vary

28 : According to the ecological perspective, behaviors must be viewed as adaptations that change to improve the goodness of fit between the individual and their environment. Give three examples of behaviors and how their meanings change in different environments.

Correct Answer : Answers may Vary

29 : Describe at least two ways to apply each of the perspectives discussed in this chapter to the following scenario: A clients excessive drinking (12 to 16 bottles of beer every evening with his drinking buddies) makes his wife angry, to the point that she is threatening to take the kids and leave him.

Correct Answer : Answers may Vary

30 : A client is struggling with suicidal urges, though he has not engaged in any suicidal attempts. Using a strengths perspective, what might you focus on? What types of questions would you ask?

Correct Answer : Answers may Vary