Issues and Ethics in the Helping Professions 10th edition Corey Test Bank

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MULTIPLE CHOICE

1 : Rhonda is a counselor at a drug and alcohol treatment center. She grew up in an alcoholic home and is not fully aware of the unfinished business she has with her parents. She is still angry and resents her parents for having to grow up in an alcoholic family system. It is most likely that Rhonda will:
A : be able to understand her addicted clients through her own childhood experiences.
B : examine her unresolved conflicts as she continues to work in the treatment center.
C : obstruct the progress of her clients as they attempt to move toward recovery.
D : feel comfortable with her clients because she is familiar with their behavior.

Correct Answer : C

2 : Ronald directs his clients toward solutions instead of encouraging them to seek alternatives for themselves. He is likely to have a strong need:
A : for approval and/or to feel a sense of achievement and accomplishment.
B : to allow the client to come up with solutions.
C : to empower his client.
D : to nurture his client.

Correct Answer : A

3 : Counselors who have unresolved personal conflicts:
A : need to recognize that their problems may interfere with their effectiveness and refrain from activities that would harm a client.
B : must resolve all their difficulties before counseling others.
C : are quite effective because they know how difficult it is to resolve problems.
D : need to repress anxiety-provoking issues in their own lives before becoming effective counselors.

Correct Answer : A

4 : In many theoretical traditions, and particularly in the psychodynamic tradition, _____ is deemed essential in the development of therapists.
A : personal therapy
B : countertransference
C : projection
D : dependence

Correct Answer : A

5 : Termination of the therapy process:
A : can be mandated by ethics codes alone.
B : is regulated by state law.
C : is decided jointly by both the client and the therapist.
D : must always be decided solely by the therapist.

Correct Answer : C

6 : Which of the following therapist behaviors might be indicative of a countertransference reaction?
A : Refraining from giving advice

B : Allowing the client the space to experience and release anger
C : Empowering a client to make decisions
D : Overprotecting or rejecting a client

Correct Answer : D

7 : Joanne finds herself wanting to solve her clients problems, which are similar to the issues her daughter is going through. Joanne gives advice and feels frustrated when her client wont follow through on her suggestions. Her emotional reactions to her client, which involve her own projections, is based on:
A : transference.
B : nurturance.
C : countertransference.
D : caretaking.

Correct Answer : C

8 : When counselors become overly concerned with meeting their own needs or pushing their own personal agendas, their behavior becomes:
A : annoying to the client.
B : unethical.
C : illegal.
D : helpful to the client.

Correct Answer : B

9 : Sexual or romantic feelings toward a client:
A : are the result of seductive behavior on the part of the client and need to be ignored.
B : are an indicator that the client needs to be referred to another counselor.
C : are unethical, counter-therapeutic, and also illegal in many states.
D : do not necessarily mean that the counselor cannot effectively work with the client.

Correct Answer : D

10 : _____ involves being able to enter the clients world without getting lost in that world.
A : Transference
B : Empathy balance
C : Empathy fatigue
D : Countertransference

Correct Answer : B

11 : Martina has been working at a crisis intervention center for three years and is starting to have nightmares about her work. Despite having a strong work ethic, she dreads her job because she feels burdened by the lack of power she has in making decisions pertaining to the treatment of her clients. Martina is experiencing:
A : burnout.
B : institutional countertransference.
C : institutional transference.
D : the precursor to mental illness.

Correct Answer : A

12 : Empathy fatigue is common in professionals who:
A : practice self-care techniques.
B : work in administrative positions and do not treat individuals.
C : treat clients without empathy and rarely care about client outcomes.
D : treat survivors of stressful and traumatic events; treat people with mood, anxiety, and stress-related disorders; and work in vocational settings with people with mental and physical disabilities.

Correct Answer : D

13 : Robert is currently going through a divorce and his children want to live with their mother. While working with clients, he seems to be unable to concentrate, irritable, and focusing on the negative aspects of the clients lives. Robert seems to be suffering from:
A : transference.
B : burnout.
C : worklife balance.
D : compassion fatigue.

Correct Answer : B

14 : As therapists, we are often in the role of giver. To preserve our vitality, we need to create spaces in which the giver can be supported. A necessary form of ongoing self-care to help in this support is:
A : personal therapy.
B : decreasing number of clients.
C : engaging in fieldwork and internship experiences.
D : to begin practicing psychotherapy.

Correct Answer : A

15 : Self-care involves:
A : compassion for and dedication to serving others.
B : searching for positive life experiences that lead to zest, peace, excitement, and happiness.
C : good public relations skills and an outgoing personality.
D : high verbal reasoning abilities and a high IQ.

Correct Answer : B

16 : An ethical issue arises when:
A : a new client temporarily experiences a period of dependence on the counselor.
B : counselors encourage clients to come up with solutions to problems with minimal help from the counselor.
C : a client develops an unhealthy dependence on their counselor and the counselor deals with it therapeutically, without blaming the client.
D : counselors encourage and promote dependence on the part of their clients.

Correct Answer : D

17 : Which of the following is NOT a way you can involve yourself in therapeutic experiences that can increase your availability to clients?
A : Individual and/or group counseling
B : Continuing education
C : Keeping a personal journal and reading

D : Limiting travel and new experiences

Correct Answer : D

18 : The authors state that, in many ways, therapeutic encounters serve as mirrors in which therapists can see their own lives reflected. As a result:
A : therapy can become a catalyst for change in the therapist as well as in the client.
B : many therapists become narcissistic.
C : therapists tend to commit ethical violations stemming from blurred boundaries.
D : the therapist cannot experience change.

Correct Answer : A

19 : Tanya seems to meet some of her personal needs through counseling her clients. This is:
A : a win/win situation for Tanya and her clients since it is always a sign of being highly invested in the process when counselors meet their own personal needs through their work.
B : acceptable as long as these needs do not assume priority or get in the way of her clients growth.
C : never acceptable under any circumstances.
D : illegal in 42 states.

Correct Answer : B

20 : It is believed that countertransference involves:
A : ongoing personal therapy.
B : the clients projection of their feelings or attitudes onto the therapist.
C : the therapists total emotional responses to a client including feelings, associations, fantasies, and fleeting images.
D : a healthy relationship between client and therapist.

Correct Answer : C

21 : Client dependence is less of an issue:
A : with the growth of managed care brief treatment and restricted number of sessions.
B : if the therapist is experiencing problems and is unaware of these problems.
C : when the therapist is in control of the session.
D : when the therapist is not practicing self-care.

Correct Answer : A

22 : Therapists who work with violent and suicidal clients:
A : are less likely to experience burnout or impairments.
B : will not feel the effects of stress if they do not experience countertransference.
C : are particularly vulnerable to stress.
D : are more likely to see a positive outcome in therapy.

Correct Answer : C

23 : Cathy is an eating disorders specialist who has a past history of bulimia. She now attends yoga classes weekly, maintains a healthy diet, attends church and church gatherings weekly, and practices relaxation and stress management techniques daily. Cathy has incorporated which of the following in her life?
A : Therapeutic lifestyle changes

B : Professional impairment
C : Dysfunctional eating patterns
D : A negative self-care routine

Correct Answer : A

24 : Informing students prior to entering a training program that self-exploration will be part of their training:
A : more than satisfies the requirement for informed consent.
B : only minimally satisfies the requirement for informed consent.
C : has little to do with informed consent.
D : is a scare tactic that many programs use to screen out prospective students who are not serious candidates.

Correct Answer : B

25 : Ongoing self-care is an essential part of a therapists professional competence and:
A : legal requirements.
B : personal wellness program.
C : social justice.
D : client autonomy.

Correct Answer : B

26 : Some sources of counselor stress include all of the following EXCEPT:
A : a stressful work environment.
B : practicing mindfulness.
C : the stress that clients experience and talk about in therapy.
D : working in managed care and educational systems.

Correct Answer : B

27 : The presence of chronic illness or severe psychological depletion that can prevent a professional from being able to deliver effective services and often results in consistently functioning below acceptable practice standards is called:
A : empathy fatigue.
B : burnout.
C : impairment.
D : client dependence.

Correct Answer : C

28 : Ongoing problems associated with the work of helping professionals include all of the following EXCEPT:
A : stress.
B : burnout.
C : vicarious traumatization.
D : self-care.

Correct Answer : D

29 : An ethical obligation that provides a major link between ethics and self-care is:
A : competence.

B : countertransference.
C : the therapeutic relationship.
D : personal therapy.

Correct Answer : A

30 : Self-compassion involves:
A : searching for positive life experiences.
B : a basic component of many counseling programs, providing students with the opportunity to share their values.
C : developing attitudes of caring, being nonjudgmental, being accepting, and being kind to ourselves.
D : rejecting clients.

Correct Answer : C