Becoming a Multiculturally Competent Counselor 1st edition Duan Test Bank

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Multiple Choice

1. All of the following factors except _____ will help counselors understand the importance of culturally relevant information in the provision of services to their client populations.
a. demographic changes in the United Sates
b. the presence and history of social oppression
*c. racism and discrimination
d. globalization movements in all areas of human lives
Cognitive domain: Comprehension; Answer location: Chapter Overview (p. 27); Question type: MC

2. _____refers to an expression of power and social dominance over racial/ethnic minorities in the community, workplace, and income through attainment of unearned immunities and benefits.
a. Preferential treatment
*b White privilege or White skin privilege
c. Birth right
d. Majority preference
Cognitive domain: Comprehension; Answer location: The Presence and History of Cultural and Social Oppression (p. 32); Question type: MC

3. According to your text, which of the following is probably not a contributor to social injustice in the United States?
*a. fatalism
b. racism
c. heterosexism
d. ageism
Cognitive domain: Knowledge; Answer location: Oppression by Isms (p. 33); Question type: MC

4. In 1998, the President's Initiative on Race concluded that _____was one of the most divisive forces in the United States.
a. sexism
*b racism
c. ageism
d. heterosexism
Cognitive domain: Knowledge; Answer location: Oppression by Isms (p. 33); Question type: MC

5. Although Caucasians may benefit from White privilege, they can also suffer disadvantages due to multiple minority statuses including all of the following except_____.
a. sexual orientation
b. social class
*c. ability
d. disability
Cognitive domain: Comprehension; Answer location: Oppression by Isms (p. 33); Question type: MC

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6. Two related and obvious reasons for underutilization of professional mental health services by ethnic and racial minorities and those of low socioeconomic status are _____and_____.
a. lack of access and transportation
*b. lack of trust in the mental health profession and culturally biased practices of mental health professionals
c. lack of motivation and insurance
d. lack of enough minority mental health professionals and an unjust political system
Cognitive domain: Application; Answer location: Culturally Diverse Clients and Needed Counseling Services (p. 35); Question type: MC

7. According to excerpt in an article, Wright (2014) suggested that Black men are often very reluctant to share personal stories of trauma because of the associated _____and_____.
a. guilt and shame
b. fear of rejection and isolation
c. hate and suspicion
*d. indignation and humiliation
Cognitive domain: Analysis; Answer location: Is Multicultural Competence Really Needed? (p. 38); Question type: MC

8. Complete the following sentence from the options provided: It is quite dangerous that counselors, _____, carry the oppressive messages under the cover of professional service to diverse clients.
a. without competency
b. lacking skills
c. with attitudes
*d. without awareness
Cognitive domain: Application; Answer location: Is Multicultural Competency Really Needed? (p. 38); Question type: MC

9. Which of the following options is most correct about when Latinos/as often experience conflict?
*a. when they perceive they are not fulfilling traditional gender roles
b. when they fail in the acculturation process
c. when their romantic partner becomes violent
d. when they are first generation immigrants
Cognitive domain: Analysis; Answer location: Demographic Changes in the United States (p. 42); Question type: MC

10. According to the Bureau of the Census, the a population greater than 50% minority is referred to as _____, a phenomenon that took place for the first time in U.S. public schools in 2014.
a. minority rule
b. insular minority
*c. majority-minority
d. minority-majority
Cognitive domain: Knowledge; Answer location: Increasing Trend of Racial and Ethnic Minorities (p. 42); Question type: MC

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11. As reported from Leland (1995), the nonexclusive heterosexual population may be increasing due to_____.
a. increasing coming out by nonexclusive heterosexual individuals in recent years
b. laws legalizing same sex marriages
*c. the rising acceptance of bisexuality among America's youth
d. LGBT acceptance campaigns
Cognitive domain: Knowledge; Answer location: Increasing Trend of Openly Sexual Minorities (p. 42); Question type: MC

12. The increasing religious diversity in the United States is one of many indications that acquiring multicultural competency is_____.
a. a difficult process
*b. no longer a choice
c, can never be achieved
d. tenuous and depends on the individual counselor
Cognitive domain: Knowledge; Answer location: Increasing Religious Diversity (p. 44); Question type: MC

13. Conducting international work can happen directly and indirectly. Working with international student couples in the United States would be an example of _____work.
a. both direct and indirect
*b. indirect
c. direct
d. volunteer
Cognitive domain: Application; Answer location: Counseling Becoming International (p. 46); Question type: MC

14. The _____, in response to the growing need of psychological care around the world, has emerged as the "fifth movement" in the history of multicultural counseling.
a. gay rights movement
*b. internationalization movement
c. globalization
d. democratic movement
Cognitive domain: Knowledge; Answer location: Counseling Becoming International (p. 47); Question type: MC

15. In the counseling profession the statement that "no one should have their future, their health, or their well-being compromised for reasons of class, gender, national origin, physical abilities, religions or sexual orientation . . ." has been taken as _____by ACA and APA.
a. a call to action
b. a recognition of diversity
*c. an ethical mandate
d. a legal obligation
Cognitive domain: Comprehension; Answer location: Necessary Multicultural Ethics (p. 47); Question type: MC

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16. One implication of the knowledge that monocultural psychology and counseling is not only inaccurate and less generalizable, but positively distortive, unethical, and oppressive is that psychologists and counselors must _____.
a. be trained in multicultural theories
*b. develop multicultural ethical competence
c. utilize best-practices approaches based on traditional counseling
d. refer clients if they are of the counselor's race
Cognitive domain: Comprehension; Answer location: Necessary Multicultural Ethics (p. 47); Question type: MC

17. All of the following are requirements for conscious multicultural competent counselors except_____.
a. show multicultural ethical commitment in developing multicultural ethical competence
b. show commitment to social justice
c. understanding privilege and oppression
*d. protecting the traditional medical model
Cognitive domain: Analysis; Answer location: Necessary Multicultural Ethics (p. 48); Question type: MC

18. The history and experience of social oppression and privilege have created different levels of consciousness for people in different social positions. Different social positions may lead people to see which of the following?
*a. different realities
b. increased street crimes
c. lack of cooperation and collaboration
d. counselor's nepotism
Cognitive domain: Knowledge; Answer location: Is Multicultural Competence Really Needed? (p. 37); Question type: MC

19. An increase of ethnic and cultural minority does not correspond to_____.
a. equal representation
b. a decrease in stereotype
*c. an increase in their social power
d. acknowledgment of their strengths
Cognitive domain: Application; Answer location: increasing Trend of Racial and Ethnic Minorities (p. 42); Question type: MC

20. One result of the LGBT individuals experience of bullying and discrimination may be _____.
*a. a reluctance to identify themselves as such in surveys and elsewhere
b. an inability to form interpersonal relationships
c. a refusal to cooperate in counseling
d. a problem with authority
Cognitive domain: Comprehension; Answer location: Increasing Trend of Openly Sexual Minorities (p. 44); Question type: MC

True/False

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21. Counselors in the 21st century will encounter clients from varied ethnic, racial, socioeconomic and cultural backgrounds, regardless of their employment settings.
*a. True
b. False
Cognitive domain: Comprehension; Answer location: Chapter Overview (p. 27); Question type: TF

22. White privilege is a myth based on unfounded philosophy and hate for White people.
a. True
*b. False
Cognitive domain: Application; Answer location: The Presence and History of Cultural and Social Oppression (p. 32); Question type: TF

23. In our society, individuals with different group membership in race, gender, sexual orientation and religion have different realities.
*a. True
b. False
Cognitive domain: Knowledge; Answer location: Oppression by Isms (p. 33); Question type: TF

24. Multicultural incompetency can lead to violation of the fundamental counseling ethical principle of beneficence and counter the basic value of doing no harm.
*a. True
b. False
Cognitive domain: Comprehension; Answer location: Culturally Diverse Clients and Needed Counseling Services (p. 36); Question type: TF

25. To avoid social oppression in counseling, every client must be treated the same.
a. True
*b. False
Cognitive domain: Application; Answer location: Is Multicultural Competence Really Needed? (p. 37); Question type: TF

26. A shortcoming of the counseling profession is that counseling practice is created by the mainstream to serve the mainstream and has failed marginalized people in fundamental ways when applied to them.
*a. True
b. False
Cognitive domain: Comprehension; Answer location: Is Multicultural Competence Really Needed? (p. 38); Question type: TF

27. Religion and spirituality have always been a part of the history of professional counseling development
a. True
*b. False
Cognitive domain: Knowledge; Answer location: Increasing Religious Diversity (p. 44); Question type: TF

28. A counselor working on marriage issue with international student couple in the United States is an example of providing direct as opposed to indirect service.

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a. True
*b. False
Cognitive domain: Comprehension; Answer location: Counseling Becoming International (p. 46); Question type: TF

29. Good intentions and confidence in one's ability to adapt traditional counseling training to diverse groups and individuals are sufficient for counseling culturally diverse clients.
a. True
*b. False
Cognitive domain: Application; Answer location: Necessary Multicultural Ethics (p. 48); Question type: TF

Essay

30. What is globalization as it pertains to counseling? Briefly explain the implications of globalization for the counseling profession.
*a. Globalization refers to the idea that the world is becoming increasingly smaller because people of the world experience greater connectedness, particularly through social media, than ever before, and immigrants with different cultural backgrounds are arriving in the United States often need mental health services. Traumatic events in different parts of the world now resonate and impact the rest of the world more than ever before, and counselors are often called upon to help address mental health concerns. The implications of this connectedness for the counseling profession include a greater challenge to the counselors to provide mental health services, directly and indirectly; the need for the counseling profession to train and promote international counseling competency; and an imperative to address cultural specific issues related to individuals' international identity. Whether the work is in the United States or abroad, counselors' ability to serve people with international backgrounds will be expected and tested. Due to globalization, the counseling profession is faced with expanded role beyond the United to assist, interact, and learn from international colleagues that are trying to develop counseling professions in their countries and communities and to promote the role of social justice, advocacy and acceptance of cultural plurality. The prevailing expectation is that professional counseling in the 21st century has to meet the needs of culturally diverse individuals, groups, and communities.
Cognitive domain: Comprehension; Answer location: Immigration and Globalization (p. 45); Question type: ESS

31. Briefly explain the concept of oppression by isms and its implications; include examples to clarify your answer.
*a. Oppression by isms refers to social injustice experienced by individuals because of their membership in a group that is defined by an ideology of ism, such as sexism, racism, ageism, heterosexism, and other isms. In the United States, individuals belonging to such groups have different realities than members of the majority group. For example, majority group members often enjoy unearned advantages while those with minority group membership find themselves in disadvantageous positions. Based on the conclusion of the President Clinton's Advisory Board to the President's Initiative on Race as indicated in the text, racism is the most divisive force in the United States. The text further indicate that the presence of racism and other isms is the reason American democratic society has an unjust side that denies members of minority groups access to resources, wealth, and opportunities. An example is that White people benefit from White-skin privileges that provide access to resources and exempt them from oppression that members of minority group do not. However, White people may experience oppression

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because of reasons other than being white, such as sexism, classism, and ageism. Such oppression operates at different levels, including individual and societal levels exposing marginalized people to discrimination and victimization.
Cognitive domain: Analysis; Answer location: Oppression by Isms (p. 33); Question type: ESS

32. How would you answer this question: Is multicultural competence really needed?
*a. Who a counselor is and her or his cultural awareness and competence will influence how she or he works with culturally diverse clients; because of the presence of social oppression and privilege, work with clients cannot be one size fits all or consist of "treating everyone the same"; different groups, including counselors, see different realities. Unless counselors develop their cultural selves and multicultural competence, they will not be able to help and could likely harm culturally diverse clients. The negative role of oppression and social injustice on culturally diverse clients' mental health must be acknowledge and considered in the counseling process. The traditional medical model approach to counseling has been found to fail the marginalized groups and contribute to underutilization of counseling services by this group. As a result, the counseling profession runs the risk of being multiculturally insensitive and ineffective. Lastly, counselors' professional and personal biases may result in unintentional harm to clients.
Cognitive domain: Knowledge; Answer location: Is Multicultural Competence Really Needed? (p. 38); Question type: ESS

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