Culturally Diverse Counseling - Theory and Practice 1st edition Jones-Smith Test Bank

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Chapter 2: Cultural Meaning Systems, Cultural Trust, and Cultural Humility

Test Bank

Multiple Choice

1. A(n) _____ perspective is culturally specific.
A. emic
B. etic
C. monocultural
D. ethnocentric
Ans: A
Learning Objective: 2-1: Identify cultural principles that affect clients' lives and their mental health issues.
Cognitive Domain: Comprehension
Answer Location: Emic and Etic Perspectives on Culture
Difficulty Level: Medium

2. A(n) _____ perspective is culturally universal.
A. emic
B. etic
C. monocultural
D. ethnocentric
Ans: B
Learning Objective: 2-1: Identify cultural principles that affect clients' lives and their mental health issues.
Cognitive Domain: Comprehension
Answer Location: Emic and Etic Perspectives on Culture
Difficulty Level: Medium

3. Why did CACREP institute a requirement of teaching neuroscience in counselor education?
A. to maintain consistency with other mental health profession's training programs
B. to demonstrate the minimal overlap between neuroscience and culture
C. to allow counselors to integrate neuroscience into clinical work
D. to allow counselors to pursue research in this area
Ans: C
Learning Objective: 2-5: Explain the role of neuroscience in counselor education programs in helping students to develop an understanding of the neurobiology of behavior.
Cognitive Domain: Analysis
Answer Location: Culture and Neuroscience
Difficulty Level: Hard

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4. Eastern cultures tend to place a higher value on _____ brain information processing, whereas Western cultures tend to place higher value on _____ brain information processing.
A. collectivistic; individualistic
B. individualistic; collectivistic
C. left; right
D. right; left
Ans: D
Learning Objective: 2-2: Discuss how culture influences the hemispheres of the brain.
Cognitive Domain: Comprehension
Answer Location: Neuroscience and Cultural Differences
Difficulty Level: Hard

5. All of the following are levels of the Tripartite Model EXCEPT _____.
A. individual
B. group
C. system
D. universal
Ans: C
Learning Objective: 2-4: Recognize that cultural attitudes, beliefs, and values are well-traveled neural pathways in the brain that allow individuals to develop their own "personal culture" that reflects their views on what should be the role of culture in their life.
Cognitive Domain: Analysis
Answer Location: Culture and the Process of Identity Development: The Tripartite Model
Difficult Level: Medium

6. How does a child first learn about culture?
A. from their own neural pathways
B. from their parents
C. from their school
D. from their community
Ans: B
Learning Objective: 2-3: Describe how individuals' cultural attachments lay the groundwork for developing a cultural identity.
Cognitive Domain: Knowledge
Answer Location: Cultural Introjection and Cultural Attachment
Difficulty Level: Easy

7. What is cultural countertransference?
A. the relationship between a therapist and client who are from two different cultures
B. a therapist's transaction with their communal culture
C. mix of intersecting beliefs and experiences that take place consciously and unconsciously within the therapist
D. the interactions between individual and community cultural characteristics

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Ans: C
Learning Objective: 2-4: Recognize that cultural attitudes, beliefs, and values are well-traveled neural pathways in the brain that allow individuals to develop their own "personal culture" that reflects their views on what should be the role of culture in their life.
Cognitive Domain: Knowledge
Answer Location: Cultural Countertransference
Difficulty Level: Medium

8. Acculturative stress occurs when _____.
A. individuals consciously or unconsciously try to adapt to the values of a different culture
B. individuals in power try to maintain boundaries between themselves and others
C. individuals who are marginalized try to overcome boundaries set forth by those in power
D. individuals consciously decide to identify with the mainstream culture
Ans: A
Learning Objective: 2-6: Recognize and counsel clients effectively who are experiencing acculturative stress.
Cognitive Domain: Comprehension
Answer Location: Acculturation
Difficulty Level: Hard

9. Which of the following is a strategy that therapists can engage in to reach across the cultural divide with clients?
A. using a multiculturally sensitive structured interview
B. soliciting cultural stories
C. psychoeducation
D. diagnosis
Ans: B
Learning Objective: 2-7: Explain how to establish cultural trust, cultural empathy, and cultural humility in a ***culturally diverse counseling*** relationship.
Cognitive Domain: Comprehension
Answer Location: Culturally Responsive Counseling: Reaching Across Barriers
Difficulty Level: Medium

10. Which of the following terms is defined as ". . . a clinician's ability to understand and respond sensitively and appropriately to a client's cultural story and the cultural context of his or her presenting problem?"
A. cultural trust
B. cultural sympathy
C. cultural competence
D. cultural empathy
Ans: D
Learning Objective: 2-7: Explain how to establish cultural trust, cultural empathy, and cultural humility in a ***culturally diverse counseling*** relationship.

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Cognitive Domain: Comprehension
Answer Location: Cultural Empathy and Cultural Competence
Difficulty Level: Medium

True/False

1. Cultural competence is influenced by neural pathways that have been created by cultural interactions or lack of cultural interactions.
Ans: T
Learning Objective: 2-4: Recognize that cultural attitudes, beliefs, and values are well-traveled neural pathways in the brain that allow individuals to develop their own "personal culture" that reflects their views on what should be the role of culture in their life.
Cognitive Domain: Knowledge
Answer Location: Culture and Neuroscience
Difficulty Level: Medium

2. Each person develops an attachment to their own culture.
Ans: T
Learning Objective: 2-3: Describe how individuals' cultural attachments lay the groundwork for developing a cultural identity.
Cognitive Domain: Knowledge
Answer Location: Cultural Introjection and Cultural Attachment
Difficulty Level: Easy

3. Although ethnic identity is powerful, it is less powerful than one's individual personality.
Ans: F
Learning Objective: 2-4: Recognize that cultural attitudes, beliefs, and values are well-traveled neural pathways in the brain that allow individuals to develop their own "personal culture" that reflects their views on what should be the role of culture in their life.
Cognitive Domain: Knowledge
Answer Location: Summary of Factors That Influence Cultural, Ethnic, and Racial Identity
Difficulty Level: Medium

4. Cultural compatibility between the therapist and client improves the therapeutic relationship.
Ans: F
Learning Objective: 2-1: Identify cultural principles that affect clients' lives and their mental health issues.
Cognitive Domain: Comprehension
Answer Location: The Cultural Compatibility Hypothesis for Counseling Culturally Diverse Clients
Difficulty Level: Medium

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Short Answer

1. Describe the iceberg concept of culture and why it is important for counselors to understand.
Ans: Created by Edward Hall, the iceberg concept of culture indicates that there are visible aspects of culture "above the water" and indivisible aspects of culture "below the water." The visible aspects are external, conscious, learned explicitly, and observable such as dance, music, clothing, flags, food, performance and visual arts, holidays, and festivals. The invisible aspects are internal, largely unconscious, learned implicitly, and are hidden, deeply held beliefs and values about interpersonal relationships, assumptions, and expectations about gender, time, age, and social status. This is important because counselors cannot judge a person's culture based only on the visible--there is an entire invisible part of their culture too.
Learning Objective: 2-1: Identify cultural principles that affect clients' lives and their mental health issues.
Cognitive Domain: Analysis
Answer Location: The Iceberg Concept of Culture
Difficulty Level: Hard

2. What is the Tripartite Model? List and briefly describe each of the three levels.
Ans: The Tripartite Model describes three levels of a person's identity development: (1) individual level, which focuses on what psychologists label one's personality or idiosyncratic ways of responding to one's environment; (2) group-level identity, which contains a person's cultural and ethnic identifications, as well as other group-oriented identities; and (3) a universal level of identity, which contains a person's identifications with the human race.
Learning Objective: 2-4: Recognize that cultural attitudes, beliefs, and values are well-traveled neural pathways in the brain that allow individuals to develop their own "personal culture" that reflects their views on what should be the role of culture in their life.
Cognitive Domain: Knowledge
Answer Location: Culture and the Process of Identity Development: The Tripartite Model
Difficulty Level: Medium

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