Theory and Practice of Counseling and Psychotherapy International Edition 11th edition Corey Test Bank

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Chapter 01: Overview and Introduction

1. Synthesizing the approaches covered in the text:
   a. can easily be accomplished after taking an introductory course.
   b. is usually mastered by the end of the first year of one's graduate program.
   c. often requires many years of study, training, and practical counseling experience.
   d. rarely, if ever, happens and is a completely unrealistic goal.

ANSWER: c
POINTS: 1
DIFFICULTY: 3
REFERENCES: From My Point of View
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Explain the author's philosophical stance.
KEYWORDS: Bloom's: Understand

2. Which one of the following is considered an experiential and relationship-oriented therapy model?
   a. Feminist therapy
   b. Cognitive behavior therapy
   c. Behavior therapy
   d. Person-centered approach

ANSWER: d
POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

3. Which of the following is associated with the cognitive-behavioral action-oriented therapy model?
   a. Existential therapy
   b. Psychoanalytic therapy
   c. Choice theory/Reality therapy
   d. Family systems therapy

ANSWER: c
POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

4. Which of the counseling therapies has the primary role of thinking, as it relates to influencing behavior?
   a. Psychoanalytic

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b. Adlerian
c. Person-centered
d. Cognitive-behavioral

ANSWER: d
POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

5. Which of the following is *not* a concept covered in the book?
a. A brief historical sketch of how and why theories were developed
b. Application of the theory to the cases of Stan and Gwen
c. A discussion of strategies to improve mental health through a medical model
d. Application of the theory from a multicultural perspective

ANSWER: c
POINTS: 1
DIFFICULTY: 3
REFERENCES: How to Use this Book
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify suggested ways to use this book.
KEYWORDS: Bloom's: Remember

6. The author makes a case for
a. initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time.
b. delving deeply into one approach initially and then taking a superficial look at other theoretical models.
c. learning the theories of counseling only after starting to work with clients in order to make the theories more relevant.
d. the reader to choose the approach to which he or she subscribes.

ANSWER: a
POINTS: 1
DIFFICULTY: 5
REFERENCES: From My Point of View
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Explain the author's philosophical stance.
KEYWORDS: Bloom's: Understand

7. Which of the following statements about administrative techniques is true according to the author?
a. Techniques are substitutes for hard work when developing constructive client-therapist relationships.
b. Administrating techniques to clients without regard for the relationship variables is ineffective.
c. Knowledge about personality dynamics is not a requirement for affective client-therapist relationships.

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d. To be a successful counselor one should not use personal experiences and reactions to serve your clients.

ANSWER: b
POINTS: 1
DIFFICULTY: 5
REFERENCES: From My Point of View
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Explain the author's philosophical stance.
KEYWORDS: Bloom's: Understand

8. Which of the following is the main focus of the book?

a. Addressing ethical issues by balancing personal and professional values
b. Establishing a good therapist–client relationship through collaborative efforts
c. Improving the mental health of clients
d. Developing an integrative approach to various theories

ANSWER: d
POINTS: 1
DIFFICULTY: 3
REFERENCES: How to Use this Book
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify suggested ways to use this book.
KEYWORDS: Bloom's: Understand

9. Which of these statements about interventions is true?

a. It is helpful to use one type of intervention with most clients.
b. During the course of an individual's therapy, different interventions may be needed at different times.
c. It is best to require clients to adapt to your approach to counseling and the interventions that you are skilled at using.
d. You should only use counseling interventions when you are certified or licensed.

ANSWER: b
POINTS: 1
DIFFICULTY: 3
REFERENCES: From My Point of View
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Explain the author's philosophical stance.
KEYWORDS: Bloom's: Understand

10. Which of the following assumes there is no single truth; rather, it is a belief that reality is social constructed through human interaction?

a. Postmodern approach
b. Family systems therapy
c. Adlerian approach
d. Reality therapy

ANSWER: a

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POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

11. In the case of Stan, what are some of the key themes of his life from his intake interview?
    a. He puts himself down a lot but wants to feel better about himself.
    b. He has many concerns related to work.
    c. He is emotional an angry
    d. He prefers to spend time with himself over family and friends

ANSWER: a
POINTS: 1
DIFFICULTY: 5
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Understand

12. Which of the following statements best describes the author's view of the medical model?
    a. Corey appreciates the focus on psychopathology and believes it gives clinicians the tools to assess what's wrong with clients.
    b. A focus on the medical model restricts therapeutic practice because it stresses deficits rather than strengths.
    c. The medical model emphasizes strengths and competencies rather than psychopathology.
    d. The medical model is especially relevant for culturally diverse client populations.

ANSWER: b
POINTS: 1
DIFFICULTY: 5
REFERENCES: From My Point of View
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Explain the author's philosophical stance.
KEYWORDS: Bloom's: Understand

13. Which of the following was the main significance of conducting video sessions for Gwen?
    a. Different therapists worked on their own approaches.
    b. Techniques and programs were conducted based on the preferences of Gwen.
    c. Gwen was able to present her problems within a limited time period.
    d. Gwen was able to relate her past experiences to the present experiences.

ANSWER: a
POINTS: 1
DIFFICULTY: 3
REFERENCES: Experience Counseling Sessions with Gwen

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.6 - Describe the key themes of the video counseling sessions with Gwen.
KEYWORDS: Bloom's: Understand

14. Gwen was requested to which of the following in the informed consent session?
    a. To know about the use of techniques
    b. To know about the number of sessions and the time duration
    c. To discuss the differences in race and culture
    d. To understand the conditions under which consulting with a supervisor would be preferred

ANSWER: c
POINTS: 1
DIFFICULTY: 3
REFERENCES: The Case of Gwen: An Introduction
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Identify key issues presented in the case of Gwen.
KEYWORDS: Bloom's: Remember

15. Which of the following is *not* an issue that Stan struggles with?
    a. Fear of being alone
    b. Fear of intimate relationships with women
    c. Substance use
    d. Aggressive outbursts

ANSWER: d
POINTS: 1
DIFFICULTY: 1
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Understand

16. The counselor of Stan provided Stan counseling by analyzing from theoretical details from cognitive behavioral therapy alone.
    a. True
    b. False

ANSWER: False
POINTS: 1
DIFFICULTY: 1
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Understand

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17. In the case of Stan, the counselor could find attributes of different models to incorporate into a personal style of counseling.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: 3
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Understand

18. Stan came to counseling because his personal problems made his friends stay away from him.

a. True

b. False

ANSWER: False
POINTS: 1
DIFFICULTY: 1
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Remember

19. Gwen sought counseling because she had difficulty staying focused at work and generally felt sad and overwhelmed.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: 3
REFERENCES: The Case of Gwen: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Identify key issues presented in the case of Gwen.
KEYWORDS: Bloom's: Remember

20. Sigmund Freud is credited with the development of the psychoanalytic therapy approach.

a. True

b. False

ANSWER: True
POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False

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LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

21. Choice theory/reality therapy applies the principles of learning to the resolution of specific behavioral problems.
    a. True
    b. False
ANSWER: False
POINTS: 1
DIFFICULTY: 1
REFERENCES: Theory Chapters – An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Remember

22. A summary of the intake interview with Stan was presented to provide a context for making sense of the way therapists with various theoretical orientations might work with Stan.
    a. True
    b. False
ANSWER: True
POINTS: 1
DIFFICULTY: 3
REFERENCES: The Case of Stan: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Identify key issues presented in the case of Stan.
KEYWORDS: Bloom's: Remember

23. The author suggests to briefly read chapter 15, to provide a comprehensive review of the key concepts from all the theories covered in the textbook.
    a. True
    b. False
ANSWER: True
POINTS: 1
DIFFICULTY: 3
REFERENCES: How to Use this Book
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify suggested ways to use this book.
KEYWORDS: Bloom's: Understand

24. In counseling, it is imperative to account for multiple dimensions of humans to understand human functioning.
    a. True
    b. False
ANSWER: True
POINTS: 1

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DIFFICULTY: 3
REFERENCES: How to Use this Book
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify suggested ways to use this book.
KEYWORDS: Bloom's: Understand

25. In the case of Gwen, it is not important to consider her spiritual beliefs since her main concern was being overwhelmed by work.
    a. True
    b. False
ANSWER: False
POINTS: 1
DIFFICULTY: 3
REFERENCES: The Case of Gwen: An Introduction
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Identify key issues presented in the case of Gwen.
KEYWORDS: Bloom's: Understand

26. Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.
    a. True
    b. False
ANSWER: True
POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Understand

27. Cognitive therapy's gives a primary role to thinking as it influences behavior.
    a. True
    b. False
ANSWER: True
POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
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28. Donald Meichenbaum is a prominent contributor to the development of cognitive behavior therapy.
    a. True
    b. False
ANSWER: True

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POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Understand

29. Existential therapy stresses building therapy on the basic conditions of human existence, such as choice, the freedom and responsibility to shape one's life, and self-determination.

a. True
b. False

ANSWER: True
POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Differentiate between each contemporary counseling model discussed in this book.
KEYWORDS: Bloom's: Understand

30. Michael White and David Epston are the major figures associated with narrative therapy.

a. True
b. False

ANSWER: True
POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
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31. An experiential approach is Gestalt therapy, which offers a range of experiments to help clients gain awareness of what they are experiencing in the here and now.

a. True
b. False

ANSWER: True
POINTS: 1
REFERENCES: Theory Chapters: An Overview
QUESTION TYPE: True / False
HAS VARIABLES: False
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Name:_____ Class:_____ Date:_____

Chapter 01: Introduction and Overview

1. Synthesizing the approaches covered in the text:
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6. The author makes a case for
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ANSWER: a

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Chapter 01: Introduction and Overview

7. Which of the following statements about administrative techniques is true according to the author?
   a. Techniques are substitutes for hard work when developing constructive client-therapist relationships.
   b. Administrating techniques to clients without regard for the relationship variables is ineffective.
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   a. Addressing ethical issues by balancing personal and professional values
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Chapter 01: Introduction and Overview

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    a. True
    b. False

ANSWER: False

19. Gwen sought counseling because she had difficulty staying focused at work and generally felt sad and overwhelmed.
    a. True
    b. False

ANSWER: True

20. Sigmund Freud is credited with the development of the psychoanalytic therapy approach.
    a. True

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b. False

ANSWER: True

21. Choice theory/reality therapy applies the principles of learning to the resolution of specific behavioral problems.

a. True

b. False

ANSWER: False

22. A summary of the intake interview with Stan was presented to provide a context for making sense of the way therapists with various theoretical orientations might work with Stan.

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ANSWER: True

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a. True

b. False

ANSWER: True

31. An experiential approach is Gestalt therapy, which offers a range of experiments to help clients gain awareness of what they are experiencing in the here and now.

a. True

b. False

ANSWER: True

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