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| 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:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Explain the author’s philosophical stance. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Overview of the Theory Chapters | | *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 | |

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| 4. Which of the counseling therapies has the primary role of thinking, as it relates to influencing behavior?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalytic | |  | b. | Adlerian | |  | c. | Person-centered | |  | d. | Cognitive-behavioral |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Suggestions for Using the Book | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify suggested ways to use this book. | | *KEYWORDS:* | Bloom’s: Remember | |

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| 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:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Explain the author’s philosophical stance. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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. | |  | 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:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Explain the author’s philosophical stance. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Suggestions for Using the Book | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify suggested ways to use this book. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Explain the author’s philosophical stance. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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 | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Identify key issues presented in the case of Stan. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Explain the author’s philosophical stance. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Video on Counseling Sessions with Gwen | | *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 | |

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| 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:* | Background on the Case of Gwen | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Identify key issues presented in the case of Gwen. | | *KEYWORDS:* | Bloom’s: Remember | |

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| 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:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Identify key issues presented in the case of Stan. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Introduction to the Case of Stan | | *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:* | Introduction to the Case of Stan | | *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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| 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:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Identify key issues presented in the case of Stan. | | *KEYWORDS:* | Bloom’s: Remember | |

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| 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:* | Background on the Case of Gwen | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Identify key issues presented in the case of Gwen. | | *KEYWORDS:* | Bloom’s: Remember | |

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| 20. Sigmund Freud is credited with the development of the psychoanalytic therapy approach.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Identify key issues presented in the case of Stan. | | *KEYWORDS:* | Bloom’s: Remember | |

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| 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:* | Suggestions for Using the Book | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify suggested ways to use this book. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Suggestions for Using the Book | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify suggested ways to use this book. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 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:* | Background on the Case of Gwen | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Identify key issues presented in the case of Gwen. | | *KEYWORDS:* | Bloom’s: Understand | |

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| 26. Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 27. Cognitive therapy’s gives a primary role to thinking as it influences behavior.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 28. Donald Meichenbaum is a prominent contributor to the development of cognitive behavior therapy.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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| 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:* | Overview of the Theory Chapters | | *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 | |

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| 30. Michael White and David Epston are the major figures associated with narrative therapy.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *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 | |

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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:* | Overview of the Theory Chapters | | *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 | |