**Chapter 1. Toward Effectiveness Through Empathy**

1. Which branch of psychology first claimed “fourth force” status based on the spiritual revolution in modern society?

a. Developmental

b. Comparative

\*c. Transpersonal

d. Industrial

Cognitive domain: Knowledge

Answer location: Multiculturalism as a Fourth Force

Question type: MC

2. In Western cultures, psychologists typically focus exclusively on

a. Society context

\*b. The individual

c. Significant others

d. Friends

Cognitive domain: Knowledge

Answer location: Toward Effectiveness Through Empathy

Question type: MC

3. A culture-centered approach to counseling recognizes culture as

a. Marginal

b. Accidental

c. Exotic

\*d. Central

Cognitive domain: Knowledge

Answer location: Multiculturalism as a Fourth Force

Question type: MC

4. According to D.W. Sue & Sue (2003), counseling and therapy have a history of protecting the status quo against change through

\*a. Scientific racism

b. Prejudice

c. Overt discrimination

d. None of the above

Cognitive domain: Knowledge

Answer location: Cultural Foundations

Question type: MC

5. Inclusive cultural empathy is based on

\*a. Relationship-centered perspective

b. Individualistic perspective

c. Therapist perspective

d. Independent perspective

Cognitive domain: Comprehension

Answer location: Toward Effectiveness Through Empathy

Question type: MC

6. All of the following have led to increased diversity across the globe EXCEPT

a. Globalization

b. Migration

\*c. Nationalization

d. Demographic changes

Cognitive domain: Analysis

Answer location: Toward Effectiveness Through Empathy

Question type: MC

7. Howard (2000) identified nine “killer thoughts” based on Western psychological values and assumptions. Which of the following is NOT one of the identified “killer thoughts”?

a. Consumption produces happiness

\*b. The “we” is more important than the “I”

c. Short-term rewards and punishments are more important than long-term goals

d. Growth is good

Cognitive domain: Application

Answer location: Alternative Indigenous Psychologies

Question type: MC

8. The rules of “exclusion” have depended on

a. “Both/and” thinking

b. “Both/or” thinking

\*c. “Either/or” thinking

d. “Either/and” thinking

Cognitive domain: Knowledge

Answer location: Inclusive Cultural Empathy

Question type: MC

9. We can best manage the complexity of inclusive cultural empathy in a comprehensive and inclusive framework. This comprehensive and inclusive framework has been referred to as

a. Multi-nationalism

b. Diversity

c. Internationalism

\*d. multiculturalism

Cognitive domain: Comprehension

Answer location: Inclusive Cultural Empathy

Question type: MC

10. The ultimate outcome of multicultural awareness, as Segall, Dasen, Berry, and Poortinga (1990) suggested is

\*a. A contextual understanding

b. Conventional empathy

c. Transpersonal awareness

d. A cultural melting pot

Cognitive domain: Knowledge

Answer location: Inclusive Cultural Empathy

Question type: MC

11. This perspective holds that subjectivity as well as objectivity are psychologically valid approaches to data:

a. Western perspective

\*b. Non-Western perspective

c. Conventional perspective

d. Exclusive perspective

Cognitive domain: Comprehension

Answer location: Comprehending Multicultural Knowledge

Question type: MC

12. \_\_\_\_\_\_\_\_\_\_\_\_ recognizes four main causes of illness: offending the spirits or breaking taboos, intrusion of a spirit into the body, soul loss, and witchcraft

a. Zen Buddhism

b. Shamanism

c. Sufism

\*d. Native American healing

Cognitive domain: Application

Answer location: Comprehending Multicultural Knowledge

Question type: MC

13. Which tool provides a conceptual road map for inclusive cultural empathy to interpret another person’s behavior accurately?

\*a. Interpersonal cultural grid

b. Interpersonal genogram

c. Intrapersonal model

d. The triad training model

Cognitive domain: Knowledge

Answer location: Inclusive Cultural Empathy Skills

Question type: MC

14. \_\_\_\_\_\_\_\_\_\_\_\_\_ are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of color.

a. Ethnocentric aggressions

b. Cultural microaggressions

\*c. Racial microaggressions

d. Multicultural contacts

Cognitive domain: Knowledge

Answer location: Cultural Foundations

Question type: MC

15. Inclusive cultural empathy describes a dynamic perspective that balances both \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ at the same time.

\*a. Similarities; differences

b. Positives; negatives

c. Culture; race

d. Individualism; collectivism

Cognitive domain: Application

Answer location: Inclusive Cultural Empathy

Question type: MC

16. \_\_\_\_\_\_\_\_\_\_\_\_\_ is based on the absence of a separate self, the impermanence of all things, and the fact of sorrow.

a. African healing

b. Buddhist therapy

c. Shamanism

\*d. Sufism

Cognitive domain: Comprehension

Answer location: Comprehending Multicultural Knowledge

Question type: MC

17. The goal in \_\_\_\_\_\_\_\_\_\_\_ is to enable people to live simple, harmonious, and happy lives.

a. African healing

\*b. Buddhist therapy

c. Shamanism

d. Morita

Cognitive domain: Comprehension

Answer location: Comprehending Multicultural Knowledge

Question type: MC

18. A measure of empathetic competence is the ability to \_\_\_\_\_\_\_\_\_\_ what the client is thinking as well as talking about.

a. Guess

\*b. Hear

c. Assume

d. Imagine

Cognitive domain: Application

Answer location: The Triad Training Model for Interpreting Self-Talk

Question type: MC

19. Moodley and West (2005) attributed recent explorations of traditional ways of healing to

a. The desire for social justice

b. Political pressure

c. Wave of immigration

\*d. Failures in the ways that we are practicing multicultural counseling and psychotherapy.

Cognitive domain: Comprehension

Answer location: Conclusion

Question type: MC

20. There is evidence that the more modernized a society, the more its problems and solutions resemble those of

\*a. Westernized society

b. Communal society

c. Collective society

d. Non-Western society

Cognitive domain: Analysis

Answer location: Comprehending Multicultural Knowledge

Question type: MC

21. From the quantum perspective, empathy is both a pattern and a process at the same time.

\*a. True

b. False

Cognitive domain: Comprehension

Answer location: Inclusive Cultural Empathy

Question type: TF

22. Cultural bias is NOT present in counseling psychology.

a. True

\*b. False

Cognitive domain: Comprehension

Answer location: Inclusive Cultural Empathy Skills

Question type: TF

23. All behaviors are learned and displayed in a cultural context.

\*a. True

b. False

Cognitive domain: Comprehension

Answer location: Multiculturalism as a Fourth Force

Question type: TF

24. The Western psychological study of cultures assumed that there was a fixed state of mind, obscured by cultural distortions.

\*a. True

b. False

Cognitive domain: Comprehension

Answer location: Inclusive Cultural Empathy Skills

Question type: TF

25. Spiritual completeness requires that we find the most accurate understanding of ultimate reality and faithfully adhere to it in clinical practice. One path up the mountain is best.

a. True

\*b. False

Cognitive domain: Comprehension

Answer location: Multiculturalism as a Fourth Force

Question type: TF

26. The ultimate goal of a culture-centered approach to counseling is to replace the conventional roles of counseling.

a. True

\*b. False

Cognitive domain: Comprehension

Answer location: Multiculturalism as a Fourth Force

Question type: TF

27. Research on yoga has failed to demonstrate its benefits.

a. True

\*b. False

Cognitive domain: Comprehension

Answer location: Comprehending Multicultural Knowledge

Question type: TF

28. Inclusive cultural empathy recognizes that the same behaviors may have different meanings and that different behaviors may have the same meaning.

\*a. True

b. False

Cognitive domain: Comprehension

Answer location: Inclusive Cultural Empathy Skills

Question type: TF

29. The underlying principle of multicultural awareness is to emphasize the culture-specific characteristics only.

a. True

\*b. False

Cognitive domain: Comprehension

Answer location: Increasing Multicultural Awareness

Question type: TF

30. Multiculturalism influences psychotherapy to the same degree that humanism, psychodynamics, and behaviorism influenced psychotherapy in the past.

\*a. True

b. False

Cognitive domain: Comprehension

Answer location: Multiculturalism as a Fourth Force

Question type: TF

31. Contrast the concepts of individualism and collectivism.

a. In Western cultures, psychologists typically focus exclusively on the individual (individualism), whereas in traditional non-Western cultures, the focus is on the individual and significant others in the societal context (collectivism)

Cognitive domain: Analysis

Answer location: Toward Effectiveness Through Empathy

Question type: SA

32. Discuss three assumptions that distinguish non-Western therapies.

a. (1) Self, the substance of individuality, and the reality of belonging to an absolute cosmic self are intimately related. (2) Collectivism more than individualism describes the majority of the world’s cultures. (3) Interdependence or even dependency relationships in Hindu and Chinese cultures are valued as healthy. (3) Subjectivity as well as objectivity are perceived as psychologically valid approaches to data.

Cognitive domain: Analysis

Answer location: Comprehending Multicultural Knowledge

Question type: SA

33. Compare and contrast the psychological and the anthropological perspectives of studying culture.

a. The psychological perspective assumed that there is a single universal definition of normal behavior. The contrasting anthropological perspective assumed that different groups or individuals had somewhat different definitions of normal behavior resulting from their unique cultural contexts.

Cognitive domain: Analysis

Answer location: Inclusive Cultural Empathy Skills

Question type: SA