

## Chapter 1 Introduction and overview

1. Synthesising 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 your graduate programme.
  - c. often requires many years of study, training, and practical counselling experience.
  - d. rarely, if ever, happens and is a completely unrealistic goal.

ANSWER: c

2. Which one of the following is *not* considered an experiential and relationship-oriented therapy?
  - a. Gestalt therapy
  - b. Family systems therapy
  - c. Existential approach
  - d. Person-centred approach

ANSWER: b

3. Which one of the following is *not* associated with the cognitive-behavioural action-oriented therapies?
  - a. Existential therapy
  - b. Cognitive behaviour therapy
  - c. Choice theory/relative therapy
  - d. Behaviour therapy

ANSWER: a

4. Which humanistic approach emphasises the basic attitudes of the therapist?
  - a. Psychoanalytic therapy
  - b. Adlerian therapy
  - c. Person-centred therapy
  - d. Cognitive-behavioural therapy

ANSWER: c

5. The authors make a case for:
  - a. initially getting an overview of the major theoretical orientations and then learning a particular approach by focusing on that approach for some time.
  - b. looking deeply into one approach initially and then taking a superficial look at other theoretical models.
  - c. learning the theories of counselling only after starting to work with clients in order to make the theories more relevant.
  - d. choosing the approach you like best.

ANSWER: a

6. Which of the following statements about theories or models of counselling/psychotherapy is true?
  - a. Extensive research has shown that certain popular models of psychotherapy are 'wrong'.
  - b. There is a clear place for theoretical pluralism in our society.
  - c. Accepting the validity of one model implies rejecting the validity of other models.
  - d. Theoretical pluralism is frowned on by several major professional organisations.

ANSWER: b

7. Which of the following is not a factor that often limits our freedom of choice?

- a. Social
- b. Environmental
- c. Cultural
- d. Internal

*ANSWER:* d

8. 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 counselling and the interventions that you are skilled at using.
- d. You should only use counselling interventions when you are certified or licensed.

*ANSWER:* b

9. Which approach was developed during the 1940s as a nondirective reaction against psychoanalysis?

- a. Person-centred therapy
- b. Family systems therapy
- c. Adlerian therapy
- d. Reality therapy

*ANSWER:* a

10. Phindile, a cognitive behavioural therapist, likes to give homework assignments to her clients. What might her rationale be for doing this?

- a. Homework can be a vehicle for assisting her clients in putting into action what they are learning in therapy.
- b. By assigning homework to her clients, she establishes her clear authority over them (as if she is their teacher).
- c. She is probably a novice therapist who is insecure about her skills; thus, by assigning homework, she may feel like she is being more productive.
- d. In order to be reimbursed by insurance companies, Phindile is required to give her clients homework assignments.

*ANSWER:* a

11. A comprehensive approach to counselling:

- a. goes beyond understanding our internal dynamics and addresses those environmental and systemic realities that influence us.
- b. focuses almost exclusively on the client's internal dynamics.
- c. focuses primarily on the therapist's internal reactions to the client's behaviour.
- d. focuses only on systemic factors.

*ANSWER:* a

12. Effective psychotherapy is a practice in which the:

- a. therapist solves problems for clients.
- b. therapist is merely a skilled technician.
- c. client and therapist collaborate in coconstructing solutions regarding life's tasks.
- d. client is in complete control of the direction of the therapy.

ANSWER: c

13. 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

14. An undisciplined mixture of approaches can be an excuse for failing to develop a sound rationale for systematically sticking to certain concepts and to the techniques that are extensions of them.

- a. True
- b. False

ANSWER: True

15. An integrative perspective is not developed in a random fashion.

- a. True
- b. False

ANSWER: True

18. Both family therapy and feminist therapy are based on the idea that to understand the individual it is essential to take into consideration the interpersonal dimensions and the sociocultural context. The therapist should not focus primarily on the intrapsychic domain.

- a. True
- b. False

ANSWER: True

16. Psychotherapy is a process of engagement between two people, both of whom are bound to change through the therapeutic venture.

- a. True
- b. False

ANSWER: True

17. Those practising brief therapy are in business to change clients, to give them quick advice, and to solve their problems for them.

- a. True
- b. False

ANSWER: False

18. With respect to mastering the techniques of counselling and applying them appropriately and effectively, the authors suggest that *you* are your own very best technique.

- a. True
- b. False

ANSWER: True

19. Much of effective therapy is the product of artistry.

- a. True
- b. False

ANSWER: True

20. Rudolf Dreikurs is credited with popularising the Adlerian approach in the United States.

a. True

b. False

*ANSWER:* True

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

a. True

b. False

*ANSWER:* False

22. Donald Meichenbaum is a prominent contributor to the development of cognitive behaviour therapy.

a. True

b. False

*ANSWER:* True

23. Reality therapy is based on choice theory and focuses on the client assuming responsibility in the present.

a. True

b. False

*ANSWER:* True

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

a. True

b. False

*ANSWER:* True

25. Gestalt therapy is an experiential approach. It 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

## Chapter 2 The counsellor: Person and Professional

1. It is especially important for counsellors who work with culturally diverse client populations to do all of the following, *except*:

- a. be aware of their own cultural heritage.
- b. have a broad base of counselling techniques that can be employed with flexibility.
- c. not consider the cultural context of their clients in determining what interventions are appropriate.
- d. examine their own assumptions about cultural values.

ANSWER: c

2. According to the text, the counsellor's personal values influence all of the following, *except*:

- a. our views of the goals of counselling.
- b. the way we conduct client assessments.
- c. the interventions we choose.
- d. how the client's life progressed before treatment.

ANSWER: d

3. Clients place more value on the personality of the therapist than on the:

- a. specific techniques used.
- b. specific words the therapist used.
- c. therapist's theoretical orientation.
- d. appearance of the therapeutic setting.

ANSWER: a

4. Regarding psychotherapy treatment outcome, research suggests all of the following *except*:

- a. the therapist as a person is an integral part of successful treatment.
- b. the therapeutic relationship is an essential component of effective treatment.
- c. both the therapy methods used and the therapy relationship influence the outcomes of treatment.
- d. therapy techniques are the key component of successful treatment.

ANSWER: d

5. An authentic counsellor is best described as:

- a. having the highest regard for all clients.
- b. being willing to be totally open and self-disclosing.
- c. being a technical expert who is committed to objectivity.
- d. being willing to look at his or her own life and make the changes wanted; he or she can model that process for the client.

ANSWER: d

6. In the text, all of the following are listed as characteristics of the counsellor as a therapeutic person *except*:

- a. counsellors have a sense of humour.
- b. counsellors no longer have to cope with personal problems.
- c. counsellors make choices that are life oriented.
- d. counsellors make mistakes and are willing to admit them.

ANSWER: b

7. \_\_\_\_\_ cannot be reduced simply to cultural awareness and sensitivity.

- a. Cultural diversity
- b. Multicultural competence
- c. Multicultural diversity
- d. Theoretical pluralism

*ANSWER:* b

8. In the text, one reason given for having counselling students receive some form of psychotherapy is to help them:

- a. work through early childhood trauma.
- b. learn to deal with transference and countertransference.
- c. recognise and resolve their co-dependent tendencies.
- d. become self-actualised individuals.

*ANSWER:* b

9. Personal therapy for therapists can be instrumental in assisting them to:

- a. heal their own psychological wounds.
- b. gain some experience in how to control the therapeutic session.
- c. understand their own needs and motives and how to heal them while counselling others.
- d. learn how to work through their own personal conflicts while counselling others.

*ANSWER:* a

10. With regard to the role of counsellors' personal values in therapy, it is appropriate for counsellors to:

- a. teach and persuade clients to act the right way.
- b. maintain an indifferent, neutral and passive role by simply listening to everything the client reports.
- c. avoid challenging the values of clients.
- d. avoid imposing their values through a process of bracketing.

*ANSWER:* d

11. The authors describe the characteristics of an effective counsellor. By including this information in the chapter, they are hoping to convey the message that:

- a. if you do not possess all of these characteristics, you are doomed to fail in the helping professions.
- b. deficits in these qualities almost always require years of psychoanalysis.
- c. you should develop your own concept of what personality traits you think are essential so that you can promote your own personal growth.
- d. those who possess all of these qualities can ignore the requirement to participate in clinical supervision.

*ANSWER:* c

12. During an initial session, an adolescent girl tells you that she is pregnant and is considering an abortion. Which of the following would be the most ethical and professional course for you to follow?

- a. Encourage her to get the abortion as soon as possible, without exploring any other option.
- b. Steer her toward having her baby and then consider adoption for her baby.
- c. Suggest that she go to church and pray about her situation.
- d. Help her to clarify the range of her choices in light of her own values.

*ANSWER:* d

13. Counsellors who are aware of their own cultural influences would be most likely to:

- a. use their power to influence clients to accept or adopt their value system.

- b. have an appreciation for a multicultural perspective in their counselling practice.
- c. recognise the cultural dimensions their clients bring to therapy.
- d. accept clients who have a different set of assumptions about life.

ANSWER: a

14. You are working with a client from an ethnic minority who is silent during the initial phase of counselling. This silence is probably best interpreted as:

- a. resistance.
- b. a manifestation of uncooperative behaviour.
- c. a response consistent with his or her cultural context.
- d. a clear sign that counselling will not work.

ANSWER: c

15. Which of the following is *not* considered an essential skill of an effective culturally competent counsellor?

- a. Being able to modify techniques to accommodate cultural differences
- b. Being able to send and receive both verbal and nonverbal messages accurately
- c. Being able to get clients to intensify their feelings by helping them to vividly re-experience early childhood events
- d. Being willing to seek out educational, consultative and training experiences to enhance their ability to work with culturally diverse client populations

ANSWER: c

16. Which of the following is *not* considered essential knowledge for a culturally competent counsellor?

- a. Knowing how to analyse transference reactions
- b. Understanding the dynamics and impact of oppression and racism
- c. Being able to understand the worldview of their clients, and to learn about their clients' cultural background
- d. Being aware of institutional barriers that prevent minorities from using the mental health services available in their community

ANSWER: a

17. Essential components of effective multicultural counselling include all of the following *except*:

- a. counsellors avoid becoming involved in out-of-office interventions.
- b. counsellors feel comfortable with their clients' values and beliefs.
- c. counsellors are aware of how their own biases could affect clients from minorities.
- d. counsellors use intervention skills on behalf of their clients when necessary or appropriate.

ANSWER: a

18. Effective counselling must take into account the impact of culture on the client's functioning, including the:

- a. client's expectations for possible vacation time from counselling.
- b. client's degree of acculturation.
- c. attitudes these clients have about time off during counselling for their personal time.
- d. messages clients received from their family members while attending counselling.

ANSWER: b

19. Which of the following is *not* a method of increasing effectiveness in working with diverse client populations?

- a. Learn about how your own cultural background has influenced your thinking and behaving
- b. Realise that practising from a multicultural perspective will probably make your job very difficult
- c. Be flexible in applying techniques with clients
- d. Identify your basic assumptions relating to diversity

ANSWER: b

20. The \_\_\_\_\_ factors are the primary determinants of therapeutic outcome. These are the alliance, the relationship, the personal and interpersonal skills of the therapist, client agency, and extra-therapeutic factors.

- a. logistical
- b. contextual
- c. psychodynamic
- d. technical

ANSWER: b

21. If we are inauthentic, it is unlikely that our clients will detect it.

- a. True
- b. False

ANSWER: False

22. An analysis of research on therapeutic effectiveness found that the personal and interpersonal components are, at best, only moderately related to effective psychotherapy.

- a. True
- b. False

ANSWER: False

23. Effective therapists are not the victims of their early decisions.

- a. True
- b. False

ANSWER: True

24. Therapists should not admit their mistakes since that could lessen their clients' confidence in them.

- a. True
- b. False

ANSWER: False

25. Truly dedicated therapists carry the problems of their clients around with them during leisure hours.

- a. True
- b. False

ANSWER: False

26. The vast majority of mental health professionals have experienced personal therapy, typically on several occasions.

- a. True
- b. False

*ANSWER:* True

27. Therapists need to be free of conflicts before they can counsel others.

- a. True
- b. False

*ANSWER:* False

28. It is not our function to persuade clients to accept or adopt our value system.

- a. True
- b. False

*ANSWER:* True

29. Your role as a counsellor is to provide a safe and inviting environment in which clients can explore their values and their behaviour.

- a. True
- b. False

*ANSWER:* True

30. The general goals of counsellors must fit in with the personal goals of the client.

- a. True
- b. False

*ANSWER:* True

31. If you try to figure out in advance how to proceed with a client, you may take away the an opportunity for the client to become an active partner in her or his own therapy.

- a. True
- b. False

*ANSWER:* True

32. Counsellors from all cultural groups must examine their expectations, attitudes, biases and assumptions about the counselling process and about persons from diverse groups.

- a. True
- b. False

*ANSWER:* True

33. Practitioners must have had the same experiences as their clients in order to have empathy for them.

- a. True
- b. False

*ANSWER:* False

34. Counsellors can reveal what they are thinking or feeling here and now with the client, but must be careful to avoid making judgements about the client.

- a. True
- b. False

*ANSWER:* True

35. Ideally, our self-care should mirror the care we provide for others.

a. True

b. False

*ANSWER:* True