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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Synthesizing the approaches covered in the text often requires many years of study, training, and practical counseling experience. See “Where I Stand.” | |  | b. | Synthesizing the approaches covered in the text often requires many years of study, training, and practical counseling experience. See “Where I Stand.” | |  | c. | Synthesizing the approaches covered in the text often requires many years of study, training, and practical counseling experience. See “Where I Stand.” | |  | d. | Synthesizing the approaches covered in the text often requires many years of study, training, and practical counseling experience. See “Where I Stand.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 9:56 AM | | *DATE MODIFIED:* | 9/14/2019 1:09 AM | |

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| 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-centered approach |  |  |  | | --- | --- | | *ANSWER:* | b | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | b. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | c. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | d. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 9:57 AM | | *DATE MODIFIED:* | 9/14/2019 1:16 AM | |

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| 3. Which one of the following is *not* associated with the cognitive-behavioral action-oriented therapies?   |  |  |  | | --- | --- | --- | |  | a. | Existential therapy | |  | b. | Cognitive behavior therapy | |  | c. | Choice theory/relative therapy | |  | d. | Behavior therapy |  |  |  | | --- | --- | | *ANSWER:* | a | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | b. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | c. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | |  | d. | Family systems therapy is not considered an experiential and relationship-oriented therapy. See “Overview of the Theory Chapters.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 9:58 AM | | *DATE MODIFIED:* | 9/14/2019 1:26 AM | |

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| 4. Which humanistic approach places emphasis on the basic attitudes of the therapist?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalytic therapy | |  | b. | Adlerian therapy | |  | c. | Person-centered therapy | |  | d. | Cognitive-behavioral therapy |  |  |  | | --- | --- | | *ANSWER:* | c | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Person-centered therapy is a humanistic approach that places emphasis on the basic attitudes of the therapist. See “Overview of the Theory Chapters.” | |  | b. | Person-centered therapy is a humanistic approach that places emphasis on the basic attitudes of the therapist. See “Overview of the Theory Chapters.” | |  | c. | Person-centered therapy is a humanistic approach that places emphasis on the basic attitudes of the therapist. See “Overview of the Theory Chapters.” | |  | d. | Person-centered therapy is a humanistic approach that places emphasis on the basic attitudes of the therapist. See “Overview of the Theory Chapters.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 9:59 AM | | *DATE MODIFIED:* | 9/14/2019 1:32 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | A concept not covered in the book is a discussion of strategies to improve mental health through a medical model. See “Suggestions for Using the Book.” | |  | b. | A concept not covered in the book is a discussion of strategies to improve mental health through a medical model. See “Suggestions for Using the Book.” | |  | c. | A concept not covered in the book is a discussion of strategies to improve mental health through a medical model. See “Suggestions for Using the Book.” | |  | d. | A concept not covered in the book is a discussion of strategies to improve mental health through a medical model. See “Suggestions for Using the Book.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Suggestions for Using the Book | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify whether a helping career is for you. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:01 AM | | *DATE MODIFIED:* | 9/14/2019 1:52 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | The author makes a case for initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time. See “Where I Stand.” | |  | b. | The author makes a case for initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time. See “Where I Stand.” | |  | c. | The author makes a case for initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time. See “Where I Stand.” | |  | d. | The author makes a case for initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time. See “Where I Stand.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 5 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:02 AM | | *DATE MODIFIED:* | 9/14/2019 2:01 AM | |

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| 7. Which of the following statements about theories or models of counseling/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 has been frowned on by several major professional organizations. |  |  |  | | --- | --- | | *ANSWER:* | b | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | All of the statements except the second one about theories or models of counseling/psychotherapy are false. See “Where I Stand.” | |  | b. | All of the statements except the second one about theories or models of counseling/psychotherapy are false. See “Where I Stand.” | |  | c. | All of the statements except the second one about theories or models of counseling/psychotherapy are false. See “Where I Stand.” | |  | d. | All of the statements except the second one about theories or models of counseling/psychotherapy are false. See “Where I Stand.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 5 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:02 AM | | *DATE MODIFIED:* | 9/14/2019 2:05 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | The main focus of the book is developing an integrative approach to various theories. See “Suggestions for Using the Book.” | |  | b. | The main focus of the book is developing an integrative approach to various theories. See “Suggestions for Using the Book.” | |  | c. | The main focus of the book is developing an integrative approach to various theories. See “Suggestions for Using the Book.” | |  | d. | The main focus of the book is developing an integrative approach to various theories. See “Suggestions for Using the Book.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Suggestions for Using the Book | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify whether a helping career is for you. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:03 AM | | *DATE MODIFIED:* | 9/14/2019 2:15 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | All of the statements except the second one about interventions are false. See “Where I Stand.” | |  | b. | All of the statements except the second one about interventions are false. See “Where I Stand.” | |  | c. | All of the statements except the second one about interventions are false. See “Where I Stand.” | |  | d. | All of the statements except the second one about interventions are false. See “Where I Stand.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:04 AM | | *DATE MODIFIED:* | 9/14/2019 2:29 AM | |

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| 10. Which approach was developed during the 1940s as a nondirective reaction against psychoanalysis?   |  |  |  | | --- | --- | --- | |  | a. | Person-centered therapy | |  | b. | Family systems therapy | |  | c. | Adlerian therapy | |  | d. | Reality therapy |  |  |  | | --- | --- | | *ANSWER:* | a | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Family systems therapy was developed during the 1940s as a nondirective reaction against psychoanalysis. See “Overview of the Theory Chapters.” | |  | b. | Family systems therapy was developed during the 1940s as a nondirective reaction against psychoanalysis. See “Overview of the Theory Chapters.” | |  | c. | Family systems therapy was developed during the 1940s as a nondirective reaction against psychoanalysis. See “Overview of the Theory Chapters.” | |  | d. | Family systems therapy was developed during the 1940s as a nondirective reaction against psychoanalysis. See “Overview of the Theory Chapters.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:05 AM | | *DATE MODIFIED:* | 9/14/2019 2:44 AM | |

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| 11. Francesca, a cognitive behavioral 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, Francesca is required to give her clients homework assignments. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | 5 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:06 AM | | *DATE MODIFIED:* | 9/14/2019 2:48 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | The second statement best describes the author’s view of the medical model. See “Where I Stand.” | |  | b. | The second statement best describes the author’s view of the medical model. See “Where I Stand.” | |  | c. | The second statement best describes the author’s view of the medical model. See “Where I Stand.” | |  | d. | The second statement best describes the author’s view of the medical model. See “Where I Stand.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 5 | | *REFERENCES:* | Where I Stand | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.1 - Recognize your motives for becoming a helper. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:08 AM | | *DATE MODIFIED:* | 9/14/2019 2:52 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | The main significance of conducting video sessions for Gwen was that different therapists worked on their own approaches. See “Background on the Case of Gwen.” | |  | b. | The main significance of conducting video sessions for Gwen was that different therapists worked on their own approaches. See “Background on the Case of Gwen.” | |  | c. | The main significance of conducting video sessions for Gwen was that different therapists worked on their own approaches. See “Background on the Case of Gwen.” | |  | d. | The main significance of conducting video sessions for Gwen was that different therapists worked on their own approaches. See “Background on the Case of Gwen.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Background on the Case of Gwen | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Describe the main areas of focus for key helping professions. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:09 AM | | *DATE MODIFIED:* | 9/14/2019 3:13 AM | |

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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 | | *FEEDBACK:* | |  |  |  | | --- | --- | --- | |  | a. | Gwen was requested to discuss the differences in race and culture in the informed consent session. See “Background on the Case of Gwen.” | |  | b. | Gwen was requested to discuss the differences in race and culture in the informed consent session. See “Background on the Case of Gwen.” | |  | c. | Gwen was requested to discuss the differences in race and culture in the informed consent session. See “Background on the Case of Gwen.” | |  | d. | Gwen was requested to discuss the differences in race and culture in the informed consent session. See “Background on the Case of Gwen.” | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Background on the Case of Gwen | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Describe the main areas of focus for key helping professions. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:10 AM | | *DATE MODIFIED:* | 9/16/2019 5:41 AM | |

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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 - Describe what is involved in selecting an educational and career path. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:11 AM | | *DATE MODIFIED:* | 9/14/2019 3:26 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic see “Introduction to the Case of Stan” in the text. | | *Incorrect* | Review the section “Introduction to the Case of Stan” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Describe what is involved in selecting an educational and career path. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 9/14/2019 3:26 AM | | *DATE MODIFIED:* | 9/14/2019 3:29 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Introduction to the Case of Stan” in the text. | | *Incorrect* | Review the section “Introduction to the Case of Stan” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Describe what is involved in selecting an educational and career path. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:11 AM | | *DATE MODIFIED:* | 9/14/2019 3:52 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Introduction to the Case of Stan” in the text. | | *Incorrect* | Review the section “Introduction to the Case of Stan” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Describe what is involved in selecting an educational and career path. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:12 AM | | *DATE MODIFIED:* | 9/16/2019 5:47 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Background on the Case of Gwen” in the text. | | *Incorrect* | Review the section “Background on the Case of Gwen” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Background on the Case of Gwen | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Describe the main areas of focus for key helping professions. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:12 AM | | *DATE MODIFIED:* | 9/14/2019 4:00 AM | |

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| 20. Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Overview of the Theory Chapters” in the text. | | *Incorrect* | Review the section “Overview of the Theory Chapters” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:13 AM | | *DATE MODIFIED:* | 9/14/2019 4:06 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | Review the section “Overview of the Theory Chapters” in the text. | | *Incorrect* | For more information on this topic, see “Overview of the Theory Chapters” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 1 | | *REFERENCES:* | Overview of the Theory Chapters | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.3 - Identify the attributes of an ideal helper. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:13 AM | | *DATE MODIFIED:* | 9/16/2019 5:52 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Introduction to the Case of Stan” in the text. | | *Incorrect* | Review the section “Introduction to the Case of Stan” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Introduction to the Case of Stan | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.4 - Describe what is involved in selecting an educational and career path. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 12/1/2015 10:14 AM | | *DATE MODIFIED:* | 9/16/2019 5:53 AM | |

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| 23. A common format has been shared from a consistent framework of theories in the book.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Suggestions for Using the Book” in the text. | | *Incorrect* | Review the section “Suggestions for Using the Book” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Suggestions for Using the Book | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify whether a helping career is for you. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:14 AM | | *DATE MODIFIED:* | 9/14/2019 4:14 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Suggestions for Using the Book” in the text. | | *Incorrect* | Review the section “Suggestions for Using the Book” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Suggestions for Using the Book | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.2 - Identify whether a helping career is for you. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:15 AM | | *DATE MODIFIED:* | 9/16/2019 5:55 AM | |

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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 | | *FEEDBACK:* | |  |  | | --- | --- | | *Correct* | For more information on this topic, see “Background on the Case of Gwen” in the text. | | *Incorrect* | Review the section “Background on the Case of Gwen” in the text. | | | *POINTS:* | 1 | | *DIFFICULTY:* | 3 | | *REFERENCES:* | Background on the Case of Gwen | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | 1.5 - Describe the main areas of focus for key helping professions. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 12/1/2015 10:15 AM | | *DATE MODIFIED:* | 9/16/2019 5:56 AM | |

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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:* | page 6 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:15 AM | | *DATE MODIFIED:* | 5/3/2017 4:18 AM | |

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| 27. Choice theory/reality therapy applies the principles of learning to the resolution of specific behavioral problems.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | page 7 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:16 AM | | *DATE MODIFIED:* | 5/3/2017 4:18 AM | |

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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:* | page 7 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:16 AM | | *DATE MODIFIED:* | 5/5/2017 3:10 AM | |

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| 29. Reality therapy is based on choice theory and focuses on the client assuming responsibility in the present.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | page 7 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:17 AM | | *DATE MODIFIED:* | 5/3/2017 4:18 AM | |

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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:* | page 7 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:17 AM | | *DATE MODIFIED:* | 5/3/2017 4:18 AM | |

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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:* | page 8 | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 12/1/2015 10:18 AM | | *DATE MODIFIED:* | 5/3/2017 4:18 AM | |