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| 1. Synthesizing the approaches covered in the text:

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|   | 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?

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| --- | --- | --- |
|   | 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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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.

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|   | a.  | True |
|   | b.  | False |

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| *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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