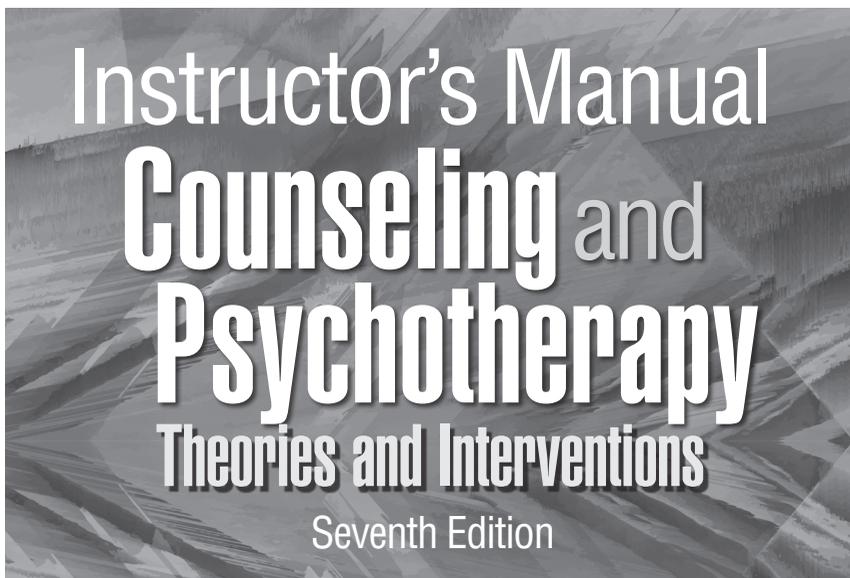


Instructor's Manual
Counseling and
Psychotherapy
Theories and Interventions
Seventh Edition

edited by
David Capuzzi
Mark D. Stauffer

American Counseling Association
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Notes to Instructors

These test items to accompany *Counseling and Psychotherapy: Theories and Interventions*, Seventh Edition, can be used for the purpose of creating midterm and final exams. These items were generated from the content of each chapter.

Seventeen test items, for each chapter, are presented in the same order in which textbook chapters appear. Answer keys for all chapters are found on pages 57 and 58 of this manual.

It is the intent and hope of the authors that these test items will be helpful to those using the textbook. The editors appreciate the contributions made by the authors of individual chapters.



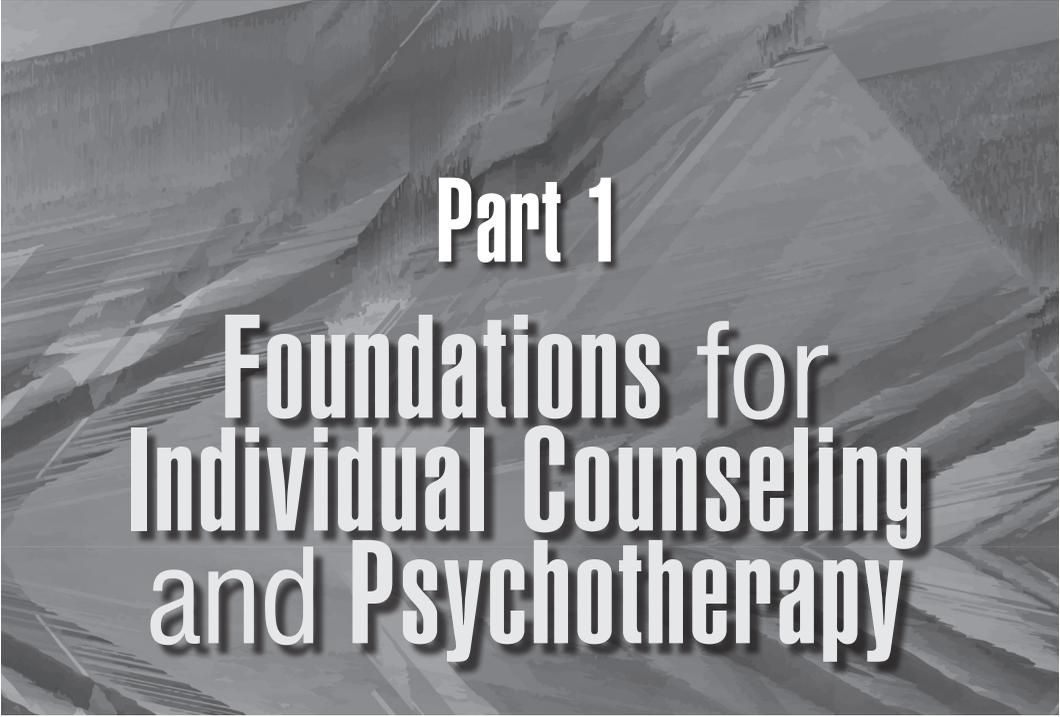
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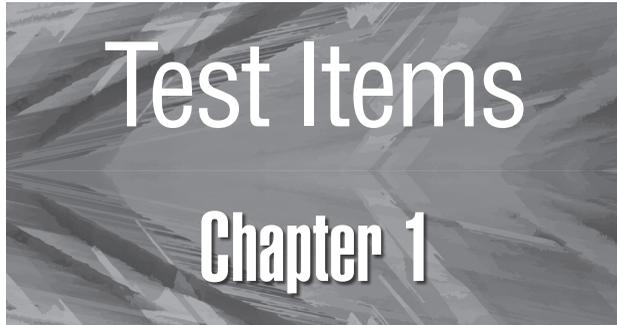
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Part 1

**Foundations for
Individual Counseling
and Psychotherapy**



Test Items

Chapter 1

Helping Relationships and Theoretical Foundations for Counseling and Psychotherapy

David Capuzzi, Mark D. Stauffer, and Rhemma D. Payne

True/False

1. In creating an effective helping relationship, the major responsibility initially rests with the counselor/therapist.
 - a. True
 - b. False
2. Clients tend to move through the various stages of the helping relationship in a lockstep manner.
 - a. True
 - b. False
3. Respect and positive regard are defined as the counselor's/therapist's belief in the innate worth and potential of an individual and their ability to communicate this belief.
 - a. True
 - b. False
4. Immediacy is the ability of the counselor/therapist to deal with the relationship between the past and present behaviors of the client.
 - a. True
 - b. False
5. Confrontation is a strategy generally used to aid in data gathering.
 - a. True
 - b. False

Multiple Choice

6. Stage 1 (relationship development) of the helping process includes all but which of the following activities?
 - a. Initial meeting
 - b. Problem solution
 - c. Data gathering
 - d. Rapport building

7. The concept of core conditions, as applied to the helping relationship, includes all but which one of the following?
 - a. Confrontation
 - b. Empathic understanding
 - c. Respect/positive regard
 - d. Warmth

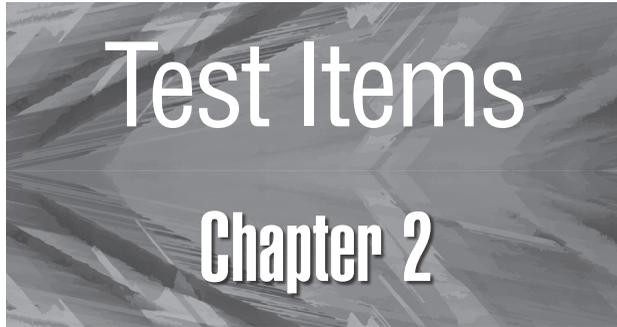
8. Active listening strategies include all but which one of the following?
 - a. Paraphrase
 - b. Restatement
 - c. Giving advice
 - d. Clarifying

9. Which of the following best describes those strategies used to add depth and enhance the relationship?
 - a. Self-disclosure by the counselor or therapist
 - b. Confrontation by the counselor or therapist
 - c. Attending to nonverbal behaviors of the client
 - d. All of the above

10. Which of the following best describes those strategies used to aid in data gathering?
 - a. Questioning
 - b. Probing
 - c. Silence
 - d. Both a and b

Matching

11. _____ Assimilative integration
 12. _____ Theoretical integration
 13. _____ Social location
 14. _____ Cultural humility
 15. _____ Multicultural orientation (MCO) framework
-
- a. The manifestation of the complex fabric of cultural identity, roles, lived experiences, internal and external forces, and so forth
 - b. Rests on three pillars: cultural humility, cultural comfort, and cultural opportunity
 - c. Focused on a single theoretical orientation but incorporates, on a very selective basis, techniques from other therapeutic paradigms
 - d. The ability to maintain an interpersonal stance that is other-oriented (or open to the other) with an aspect of cultural identity that is most important to the client
 - e. Based on the idea of blending the best components of two or more theories and assuming that the outcomes of counseling or psychotherapy will be better than the result of using either theory by itself



Test Items

Chapter 2

Multicultural and Social Justice Counseling Through Relational-Cultural Theory

Thelma Duffey and Shane Haberstroh

True/False

1. When empathic failures occur between counselors and clients, it is best if the relationship is terminated and the client be referred to another counselor.
 - a. True
 - b. False
2. RCT counselors talk a lot about the various techniques and interventions they use as a part of therapy.
 - a. True
 - b. False
3. RCT led at the forefront of counseling theories that intentionally centered culture, social justice, neuroscience, and the role of dehumanizing power structures as key theoretical counseling considerations.
 - a. True
 - b. False
4. *Permanent inequality* represents ingrained power structures that relegate people to social positions based on race, sex, gender identity, sexual affectations, ethnicity, and other ascribed characteristics of a person.
 - a. True
 - b. False
5. In RCT, the counselor and their techniques are the catalyst for client change.
 - a. True
 - b. False

Multiple Choice

6. In RCT, therapeutic change involves which one of the following?
 - a. The counselor's techniques that cause the client to change
 - b. The counselor connecting with the client's pain and circumstances in ways that allow themselves to be affected by the client
 - c. When the counselor explores the client's perceptions about how their culture has affected their relationships
 - d. When the client and counselor share common cultural values, the counselor can help shape the client's relational responses, thus leading to client change

7. The term *minority* or *marginalized* refers to
 - a. Groups and individuals who have fewer numbers
 - b. Groups and individuals who have less power
 - c. Groups who are categorized and stereotyped to validate the oppression and mistreatment of disenfranchised groups
 - d. All of the above

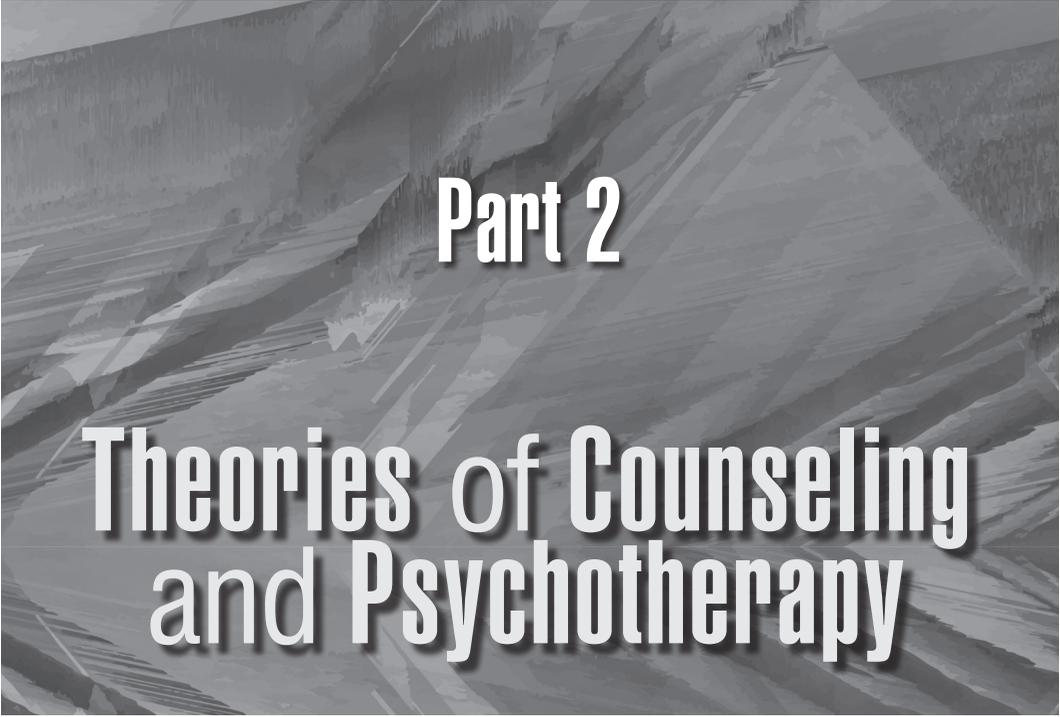
8. Which of the following form powerful imprints that influence people's expectations of how others will respond to them?
 - a. Relational images
 - b. Controlling images
 - c. Mutual empathy
 - d. Relational resilience

9. An experience in which a person recognizes their impact on the listener; an experience in which the listener acknowledges being moved by, and *because* of, the sharer's experience.
 - a. Rational resilience
 - b. Condemned isolation
 - c. Relational images
 - d. Mutual empathy

10. Unearned access to resources that are readily available to members of agent groups is known as
 - a. Dominance
 - b. Culture
 - c. Privilege
 - d. Superiority

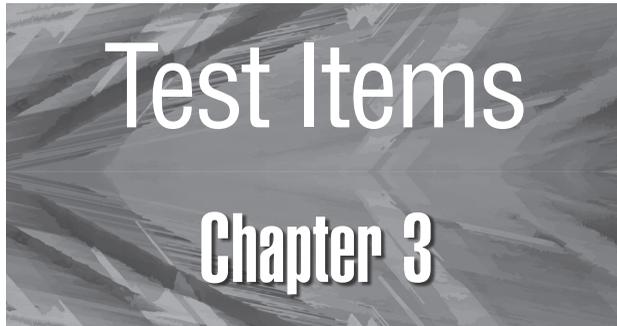
Matching

11. _____ Relational resilience
 12. _____ Controlling images
 13. _____ Relational images
 14. _____ Mutual empathy
 15. _____ Condemned isolation
-
- a. An experience in which a person recognizes their impact on the listener; an experience in which the listener acknowledges being moved by, and *because of*, the sharer's experience
 - b. Powerful imprints that influence people's expectations on how others will behave or respond to them
 - c. Identifies relationships as core contributors to a person's resilience
 - d. When a person feels powerless and at risk of further loss should they express their needs or themselves authentically
 - e. A set of categories and expectations developed by the dominant group to distort and disempower a nondominant group



Part 2

**Theories of Counseling
and Psychotherapy**



Test Items

Chapter 3

Psychodynamic Theories: Psychoanalysis and Beyond

Adrienne L. Johnson and Anthony Zazzarino

True/False

1. Psychoanalysis assumes that severe mental health issues consist of a constellation of symptoms that are caused by intrusions of hidden drives into voluntary behavior when defense mechanisms fail.
 - a. True
 - b. False
2. In traditional psychoanalysis, the counselor and client share the goal of examining the problems in the client's interpersonal relationships and developing an understanding of how new language and communication styles can redefine relationships for more satisfying outcomes.
 - a. True
 - b. False
3. The psychoanalytic approach suggests that all presented symptoms are meaningful and relevant to the client's subjective experience and are therefore useful in treatment.
 - a. True
 - b. False
4. Displacement is the redirecting of thoughts, feelings, and impulses from an object that gives rise to anxiety to a safer, more acceptable one.
 - a. True
 - b. False

5. Having a clear focus makes it possible to do interpretive work in a relatively short time because the counselor addresses only the circumscribed problem area.
 - a. True
 - b. False

Multiple Choice

6. If fixation occurs at the _____ stage, the individual will have issues with dependency or aggression later in life, which may result in problems with an emphasis on oral stimulation, such as drinking, eating, smoking, or nail biting.
 - a. Anal
 - b. Latency
 - c. Oral
 - d. Phallic
7. A traditional technique in psychoanalysis that invites clients to relate whatever comes into their minds during the session without self-censorship is
 - a. Free association
 - b. Dream analysis
 - c. Posthypnotic suggestion
 - d. Analyzing resistances
8. A client tells the counselor that he is falling in love with the counselor. This is an example of
 - a. Countertransference
 - b. Transference
 - c. Resistance
 - d. Reaction formation
9. Which component of the personality is responsible for helping an individual cope with reality and preventing the individual from acting on their basic urges?
 - a. Superego
 - b. Id
 - c. Ego
 - d. Conscious
10. In its brief form, a psychodynamic approach
 - a. Uses direct dialogue
 - b. Uses interpretation to examine unresolved conflicts and symptoms
 - c. Explores past dysfunctional relationships that manifest themselves in maladaptive symptoms and behaviors
 - d. All of the above

Matching

11. _____ Self-psychology
 12. _____ Psychoanalysis
 13. _____ Object relations
 14. _____ Transactional analysis
 15. _____ Interpersonal psychotherapy
-
- a. Places strong emphasis on dreams as keys to the unconscious and wish fulfillments shown in the mind as symbols
 - b. Is a time-limited treatment that encourages the client to engage in active mood regulation and awareness of functional levels within approximately 12 weeks
 - c. Suggests that the self is perceived in relation to the establishment of boundaries and the differentiations of self from others
 - d. Has three styles of responding: the parent, the child, and the adult
 - e. Is derived from psychoanalytic concepts but specifically emphasizes interpersonal relations and attachment, primarily in the family and between mother and child

Test Items

Chapter 4

Jungian Analytical Theory

Kimberly Nelson

True/False

1. Jung parted ways with Sigmund Freud over Freud's emphasis on biological drives and sexual urges as prime human motivating factors.
 - a. True
 - b. False
2. Jung believed that there were three basic stages of human development: childhood, middle age, and old age.
 - a. True
 - b. False
3. According to Jung, the personal unconscious includes thoughts and memories that can be recalled.
 - a. True
 - b. False
4. Jung believed the libido to be life energy.
 - a. True
 - b. False
5. The collective unconscious is derived from universal thoughts, emotions, fears, dreams, and mythical themes symbolically represented by archetypes.
 - a. True
 - b. False

Multiple Choice

6. According to Jung, the masculine aspect of the female is
 - a. The animus
 - b. The anima
 - c. The shadow
 - d. The persona

7. Which archetype did Jung think was the most important archetype?
 - a. The self
 - b. The shadow
 - c. The animus/anima
 - d. The ego

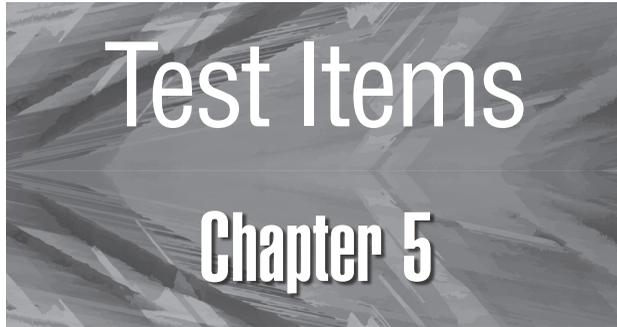
8. During the initial session, which one of the following would most likely be discussed?
 - a. Dreams
 - b. Active imagination
 - c. Personal relationships
 - d. All of the above

9. Which one of the following is not one of the four parts to dream narratives according to Jung?
 - a. Telling the who, where, when, and what of the dream
 - b. Exposing and exploring the complexes
 - c. Identifying the turning point in the dream
 - d. Determining what caused the dream

10. Which one of the following represents the integration of the conscious, personal unconscious, and collective unconscious in the individual?
 - a. Ego
 - b. Self
 - c. Psyche
 - d. Persona

Matching

11. _____ Complex
 12. _____ Collective unconscious
 13. _____ Personal unconscious
 14. _____ Archetypes
 15. _____ Anima/animus
-
- a. Similar to the psychoanalytic concept of the unconscious
 - b. An inherited tendency
 - c. Represent typical ways of interacting with the world
 - d. Emotions, memories, images, ideas, and behaviors around a theme
 - e. True self



Test Items

Chapter 5

Adlerian Theory

Roxane L. Dufrene and Lauren B. Clark

True/False

1. Adler believed that how a person is in the world results from social creation as much as genetic design.
 - a. True
 - b. False
2. Inferiority feelings are not normal.
 - a. True
 - b. False
3. Adler believed that individuals use emotions to pursue goals.
 - a. True
 - b. False
4. Confrontation is never used in Adlerian counseling.
 - a. True
 - b. False
5. Encouragement is conditional and focuses on client outcomes.
 - a. True
 - b. False

Multiple Choice

6. Which one of the following is *not* one of the three life tasks?
 - a. Work
 - b. Community
 - c. Family
 - d. Love

7. Which one of Adler's four types of individuals cooperates and contributes to the social world?
 - a. Socially useful
 - b. Getting or dependent
 - c. Avoidant
 - d. Dominant or ruling

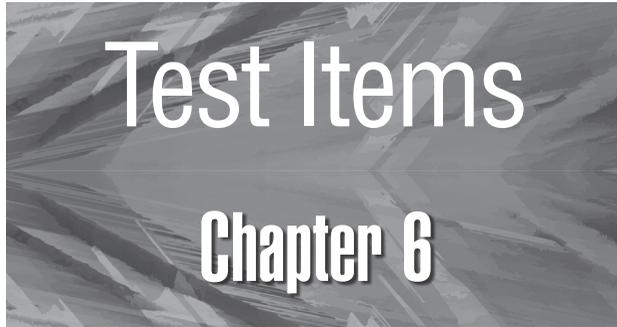
8. What is social interest?
 - a. A sense of identification with and empathy for others
 - b. The innate drive of a person to cooperate and contribute with others for the common good
 - c. An individual's attitude in dealing with the social world
 - d. Striving for a better future for all humans

9. Which one of the following is not a principle of Adler's theory?
 - a. Goal oriented
 - b. Social interest
 - c. Holism
 - d. Early sexual childhood experiences

10. Which one of the following is used to conduct a lifestyle analysis?
 - a. Questions about the family constellation
 - b. Asking the client about irrational thoughts
 - c. Use of the miracle question
 - d. Uncovering unconscious thoughts

Matching

11. _____ Only child
 12. _____ Oldest child
 13. _____ Second child
 14. _____ Middle child
 15. _____ Youngest child
-
- a. Strongly influenced by parents and adults
 - b. Most pampered and overindulged
 - c. Competitive with siblings
 - d. Most likely to become a problem child
 - e. Peacemaker in families with conflict



Test Items

Chapter 6

Existential Theory

Mary Lou Bryant Frank

True/False

1. Existential philosophy has few concepts applicable to existential counseling.
 - a. True
 - b. False
2. Existential counseling is based on the scientific model.
 - a. True
 - b. False
3. Frankl was an important theorist who survived the Holocaust and developed logotherapy, an early form of existential counseling.
 - a. True
 - b. False
4. Research in existential counseling has found that even serious mental disorders can be helped by an existential approach.
 - a. True
 - b. False
5. Existential counselors focus on behaviors and cognitions exclusively, making it easy for counselors to measure those characteristics in clients.
 - a. True
 - b. False

Multiple Choice

6. Adolescence is a time when existential issues
 - a. Have not yet developed
 - b. Are found only in individuals who have been through trauma
 - c. Are real, and death can no longer be denied
 - d. Are minimal because teens do not have many struggles

7. Yalom's theory focused on
 - a. Psychoanalytic/psychodynamic existential counseling
 - b. Death, freedom, isolation, and meaning
 - c. The importance of the relationship
 - d. All of the above

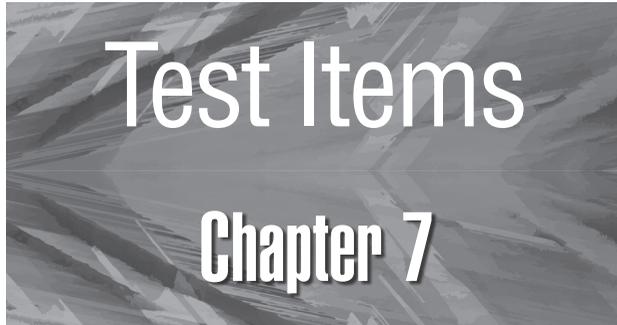
8. Research on existential theory
 - a. Has been labored because the unscripted nature of the existential journey does not easily lend itself to the scientific process of measurement
 - b. Has continued to be strong, producing considerable research
 - c. Has been absent because it focuses on the relationship and that is difficult to measure
 - d. Has waned because existentialism is almost nonexistent, especially internationally

9. Spirituality
 - a. Has no place in existential counseling
 - b. Was important to early theorists such as Frankl and Maslow
 - c. Has sometimes evolved from the existential journey
 - d. Both b and c

10. Unique among theories, existentialism provides
 - a. A worldview
 - b. A focus on responsibility and guilt
 - c. An understanding about the importance of finding meaning in life
 - d. All of the above

Matching

11. _____ Frankl
 12. _____ Binswanger
 13. _____ May
 14. _____ Buber
 15. _____ Anxiety
-
- a. A humanistic existentialist who had the first developmental model
 - b. Focused most on what it meant to be human
 - c. I-Thou relationship
 - d. Developed logotherapy
 - e. A signal that the person is alive and can make choices



Test Items

Chapter 7

Person-Centered Theory

Richard J. Hazler

True/False

1. In person-centered counseling or therapy, clients can be trusted to ultimately work toward positive ends.
 - a. True
 - b. False
2. The phenomenological perspective describes the concept that all persons view the world in a similar manner.
 - a. True
 - b. False
3. People who act on the conditions of worth that others place on them are most likely to lead productive, satisfying lives.
 - a. True
 - b. False
4. Accurate empathy means that the counselor or therapist is able to both understand the client's words, feelings, and perceptions of the world and communicate that understanding successfully.
 - a. True
 - b. False
5. Accurate diagnosis of the client's illness is an important early step in person-centered counseling or therapy.
 - a. True
 - b. False

Multiple Choice

6. According to person-centered theory, for counselors to be continuously believed and trusted by a client, they must
 - a. Have years of professional experience
 - b. Be genuine
 - c. Know the right questions to ask
 - d. Not make mistakes

7. Which one of the following is not one of the three conditions that drive the process of change?
 - a. Genuineness
 - b. Structure
 - c. Caring
 - d. Empathic understanding

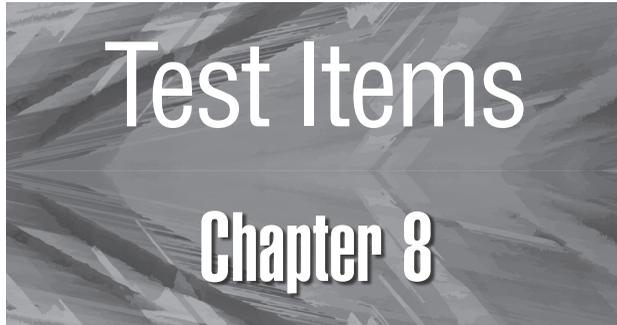
8. Consider a client who feels that they are unlikable to others in their life. When the counseling or therapy discussion turns to how likable the client is to the counselor or therapist, this is an example of
 - a. Distracting the client
 - b. Empathic understanding
 - c. Immediacy
 - d. Self-actualization

9. What is a realistic criticism of person-centered counseling or therapy?
 - a. Its deterministic stance
 - b. The rigid steps in this counseling or therapy process
 - c. There are few specifics regarding actions for the new counselor or therapist
 - d. It is overly confrontational

10. As a person becomes more congruent, which of the following changes is most likely to be seen?
 - a. Elimination of negative thoughts
 - b. Eradication of problem behaviors
 - c. Greater self-empowerment
 - d. Success in a failing relationship

Matching

11. _____ Phenomenological
 12. _____ Conditions of worth
 13. _____ Tendency to actualize
 14. _____ Immediacy
 15. _____ Genuineness
-
- a. Here-and-now feelings
 - b. You are cared for if you do what I say
 - c. A person's unique perspective
 - d. Positive and growth-oriented nature of people
 - e. Counselor mistakes not hidden by facades demonstrate this



Test Items

Chapter 8

Gestalt Theory

Melinda Haley, Pamela G. Riley, and Grace Greenan

True/False

1. One of the most attractive features of Gestalt theory is its attention to the holistic nature of humankind.
 - a. True
 - b. False
2. The term *Gestalt* is a German word used to define the counselor-client working alliance.
 - a. True
 - b. False
3. New counselors who use experiments without training could harm a client.
 - a. True
 - b. False
4. The goal in the phenomenological field is a well-formed figure standing in contrast to a broader, less well-defined background.
 - a. True
 - b. False
5. Field theory focuses on the whole, in which all of the elements found within the field are in relationship to and influence one another.
 - a. True
 - b. False

Multiple Choice

6. The three people credited for the development of Gestalt therapy are
 - a. Perls, Buber, and Nietzsche
 - b. Perls, Perls, and Goodman
 - c. Rogers, Glassman, and Goodman
 - d. Perls, Kohler, and Koffka

7. Fritz Perls
 - a. Had a passionate belief in the holistic nature of humankind
 - b. Believed that human beings had the capacity and strength to grow, develop, and become the persons that they desired
 - c. Asked clients to focus on why they behaved in certain ways
 - d. Both a and b

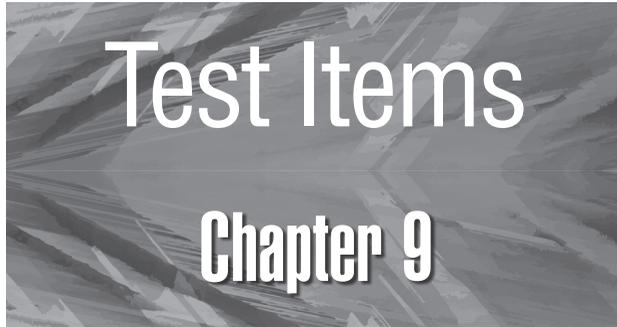
8. One of the views that Gestalt theory holds regarding the individual is that they are
 - a. Fully responsible for their behavior
 - b. Shaped by forces in the environment
 - c. Motivated by unconscious drives
 - d. Not able to become aware of themselves in the here and now

9. Awareness is the key to Gestalt therapy. Through awareness, the organism/person naturally proceeds toward
 - a. Growth
 - b. Integration
 - c. Differentiated unity
 - d. All of the above

10. Change during Gestalt counseling and psychotherapy comes about as clients become more aware of themselves through
 - a. Using a continuum of awareness focused on how, what, and where
 - b. Using questions rather than statements
 - c. Using the third-person pronoun *they*
 - d. Addressing others indirectly

Matching

11. _____ Empty chair
 12. _____ Phenomenology
 13. _____ Boundary disturbance
 14. _____ Retroflection
 15. _____ I-thou, what and how, here and now
-
- a. The study of human experience through attending to the subjective observations of individuals
 - b. A shorthand for Gestalt therapy
 - c. The counselor or therapist has the client redirect to themselves what they have previously directed outward toward others
 - d. Occurs when boundaries between the self and others are overly rigid, creating isolation, or are overly permeable, creating a merger in which differentiation of the self is lost to confluence with the other
 - e. The client speaks to the part of each person connected to the problem by moving back and forth between chairs



Test Items

Chapter 9

Cognitive Behavioral Theories

Sidney L. Shaw and Judy W. Green

True/False

1. The working hypothesis is the most critical part of the cognitive behavioral case conceptualization.
 - a. True
 - b. False
2. The primary purpose of progressive muscle relaxation is to create a deep relaxed state of mind.
 - a. True
 - b. False
3. Cognitive behavior therapies cannot be used with clients diagnosed with schizophrenia.
 - a. True
 - b. False
4. Because cognitive behavior therapists are concerned with measuring outcomes, it is important to monitor the client's progress in treatment.
 - a. True
 - b. False
5. When using cognitive behavioral interventions, the counselor must choose either a cognitive or behavioral intervention.
 - a. True
 - b. False

Multiple Choice

6. Which of the following will decrease the likelihood that a behavior will reoccur?
 - a. Negative reinforcement
 - b. Positive reinforcement
 - c. Negative punishment
 - d. All of the above

7. Which of the following will increase the likelihood that a behavior will reoccur?
 - a. An increase in self-esteem
 - b. Positive reinforcement
 - c. An increase in self-efficacy
 - d. All of the above

8. Who developed cognitive behavior therapy?
 - a. Ivan Pavlov
 - b. Albert Ellis
 - c. Aaron Beck
 - d. John Watson

9. In order for therapy to be cognitive behavioral, it must
 - a. Include interventions that integrate both cognitive and behavioral components
 - b. Have a foundation grounded in evidence-based practices
 - c. Be based on the idea that thoughts (cognitions) lead to behavioral change
 - d. Reflect the thoughts and behaviors of the client

10. The treatment plan tells about the goals for counseling or psychotherapy and should include all of the following except
 - a. The frequency of sessions
 - b. The steps of the therapy process
 - c. The modality of therapy
 - d. Initial interventions

Matching

11. _____ Operant conditioning
 12. _____ Punishment
 13. _____ Ivan Pavlov
 14. _____ B. F. Skinner
 15. _____ John Watson
-
- a. Decreases behavior by the addition of an aversive stimulus
 - b. Using reinforcers to shape behavior
 - c. Positive reinforcement
 - d. Known for his work with dogs
 - e. Known for his work with Little Albert



Test Items

Chapter 10

Third-Wave Cognitive Behavioral Theories With Mindfulness-Based Interventions

Laura R. Haddock

True/False

1. The first four sessions of dialectical behavior therapy (DBT) are intended to take a full clinical history, mutually determine goals for treatment, and familiarize the client with treatment.
 - a. True
 - b. False
2. DBT combines customary cognitive behavioral techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance, and acceptance predominantly derived from Buddhist practice.
 - a. True
 - b. False
3. The main components of DBT are affect regulation, distress tolerance, improvement in interpersonal relationships, and mindfulness.
 - a. True
 - b. False
4. The DBT model utilizes individual therapy, group therapy, and phone coaching.
 - a. True
 - b. False

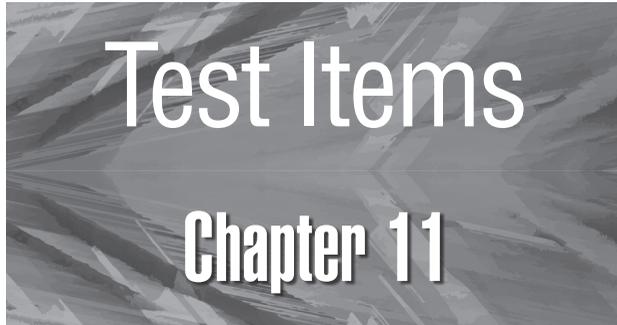
5. Emotion regulation involves the counselor helping the client to shift attention toward the triggering cues associated with negative emotion and learning to observe, describe, and understand the function of emotions.
 - a. True
 - b. False

Multiple Choice

6. DBT uses a behavioral technique in which the client learns to tolerate painful emotions without enacting self-destructive behaviors known as
 - a. Positive reinforcement
 - b. Negative reinforcement
 - c. Exposure
 - d. Punishment
7. The DBT model proposes that a successful counseling intervention must meet five critical functions. Which of the following is *not* one of these functions?
 - a. Improve and preserve the client's incentive to change
 - b. Boost the client's capabilities
 - c. Ensure that the client's capabilities are specific to their environment
 - d. Structure the environment so that the treatment can take place
8. The developer of DBT is
 - a. Marsha Linehan
 - b. Albert Ellis
 - c. Carl Rogers
 - d. Fritz Perls
9. DBT was initially developed to treat
 - a. Narcissistic personality disorder
 - b. Histrionic personality disorder
 - c. Antisocial personality disorder
 - d. Borderline personality disorder
10. DBT is driven by three theories. Which of the following is *not* one of those?
 - a. Behavior therapy
 - b. Biosocial theory of borderline personality disorder
 - c. Dialectics
 - d. Gestalt therapy

Matching

11. _____ Dialectical strategy
 12. _____ Five
 13. _____ 1 year
 14. _____ Suicidal behaviors
 15. _____ The DBT model
-
- a. The counselor is nurturing yet challenging
 - b. As originally designed, the DBT model asks clients to make this sort of time commitment to the therapeutic process
 - c. Proposes that childhood environments that were invalidating contribute to the development of emotional dysregulation
 - d. DBT targets behaviors in a descending hierarchy beginning with this
 - e. The number of stages of treatment in DBT, including the pretreatment commitment



Test Items

Chapter 11

Rational Emotive Behavior Therapy

Ann Vernon

True/False

1. Rational emotive behavior therapy (REBT) was developed by Fritz Perls, Laura Perls, and Paul Goodman.
 - a. True
 - b. False
2. REBT is based on the assumption that humans have a biological tendency to think irrationally or dysfunctionally as well as rationally or functionally.
 - a. True
 - b. False
3. Commitment to the scientific method is a central aspect of REBT.
 - a. True
 - b. False
4. High frustration tolerance occurs when individuals make demands on themselves, others, and the world in relation to comfort and life conditions.
 - a. True
 - b. False
5. The goal of REBT is to help clients develop a rational philosophy of life that will reduce their emotional distress and self-defeating behavior and result in their ability to lead a happier and more fulfilling life.
 - a. True
 - b. False

Multiple Choice

6. In the ABC model, what does the letter B represent?
 - a. Behaviors
 - b. Beliefs
 - c. Behavioral reinforcement
 - d. Behavioral antecedent

7. Which one of the following is a tool or strategy that is not used by an REBT counselor?
 - a. Bibliotherapy
 - b. Visual aids
 - c. Homework assignments
 - d. Dream-work

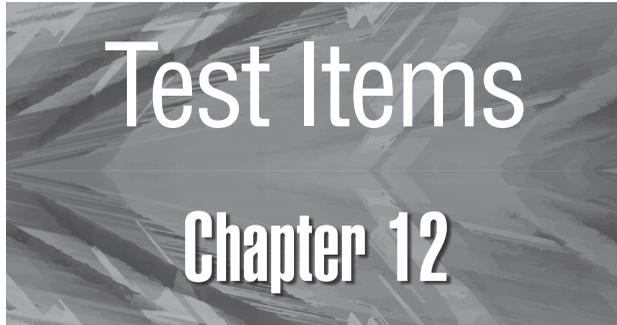
8. The most common cognitive intervention in REBT therapy is
 - a. Socratic questioning
 - b. Disputation of irrational beliefs
 - c. Helping the client identify unhealthy emotions
 - d. Homework

9. According to several REBT practitioners and researchers, _____ is more important in REBT than in most other types of therapy.
 - a. Rapport
 - b. A treatment plan
 - c. Trust
 - d. All of the above

10. Which of the following is not considered to be a traditional REBT intervention?
 - a. Helping clients discriminate between rational and irrational beliefs
 - b. Helping clients experience healthy negative emotions
 - c. Using humor, in the form of exaggeration, to help clients avoid taking themselves so seriously
 - d. Spitting in the client's soup

Matching

11. _____ Behavioral intervention
12. _____ Emotional intervention
13. _____ Cognitive intervention
14. _____ Activating event
15. _____ Disputation
 - a. The use of humorous songs
 - b. This may be positive or negative; may refer to real or perceived events; can be past, present, or future oriented; and can be an individual's own thoughts, memories, or emotions
 - c. Asking the client to respond to a friend's request to borrow the client's car in an assertive rather than nonassertive manner
 - d. The use of referenting, a type of cost-benefit analysis in which clients list positive and negative consequences of a particular behavior
 - e. An active process that helps clients assess the rationality of their irrational beliefs



Test Items

Chapter 12

Reality Therapy/Choice Theory

Robert E. Wubbolding

True/False

1. In reality therapy, the environment or counseling atmosphere includes expressing empathy, doing the unexpected, and using metaphors.
 - a. True
 - b. False
2. Reality therapists help clients explore their wants because clients are usually very clear about their goals, their hopes, and their dreams.
 - a. True
 - b. False
3. Counselors using reality therapy emphasize current thinking and past actions.
 - a. True
 - b. False
4. The cornerstone of the practice of reality therapy is self-evaluation by the client aided by the counselor.
 - a. True
 - b. False
5. Planning is crucial in the practice of reality therapy because it helps clients improve their mental health and helps them to realize that they can hope for a better future.
 - a. True
 - b. False

Multiple Choice

6. In choice theory, human motivation springs from which of these five sources?
 - a. Belonging, survival, knowledge, fun, power
 - b. Survival, belonging, power, freedom, fun
 - c. Power, achievement, enjoyment, information, security
 - d. Survival, achievement, love, success, pride

7. In practicing reality therapy, counselors and therapists focus on
 - a. Older adults and people in retirement
 - b. Preschool children
 - c. Clients with an addiction
 - d. All of the above

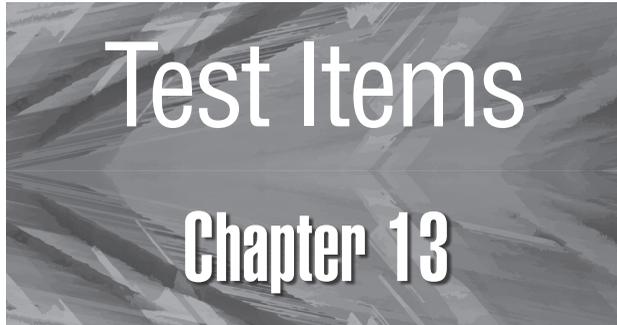
8. In reality therapy, the skilled counselor treats behavior as
 - a. The result of social pressure and limited perceptions of possibilities
 - b. Information received from parents and from the surrounding culture
 - c. Caused by self-verbalizations that can be helpful or hurtful
 - d. Chosen as a result of unmet wants and needs

9. The goal of reality therapy is to
 - a. Help clients raise their level of perception
 - b. Lower clients' level of perception
 - c. Fulfill wants and needs without infringing on the rights of others
 - d. Get in touch with reality

10. Counselors practicing reality therapy place an emphasis on
 - a. Resolving childhood conflicts
 - b. Perceiving clients as victimized by an unfair and oppressive society
 - c. Identifying the proper kind of psychiatric medication
 - d. Perceiving clients as having within them at least some power to solve their problems

Matching

11. _____ Metaphors
 12. _____ Choice theory
 13. _____ WDEP system
 14. _____ Identity society
 15. _____ Belonging, power, fun, freedom, and survival
- a. Provides a pedagogical tool for learning and practicing the process of reality therapy
 - b. These serve to quantify problems and thereby make them manageable
 - c. Explains why and how human beings function and develop
 - d. A world in which people are more focused on their identity needs than on their survival needs
 - e. Human needs



Test Items

Chapter 13

Family Theory

Cass Dykeman

True/False

1. Albert Ellis is a known major influence on the work of Virginia Satir.
 - a. True
 - b. False
2. Murray Bowen is acknowledged by many as the pioneer in applying cybernetic systems thinking to human interaction.
 - a. True
 - b. False
3. Ken Hardy is the main developer of the multicultural relational perspective in family theory.
 - a. True
 - b. False
4. In the family treatment he designed, José Szapocznik places a major emphasis on treatment engagement.
 - a. True
 - b. False
5. The family projection process theory suggests that the ego differentiation achieved by children will generally supersede that of their parents.
 - a. True
 - b. False

Multiple Choice

6. According to Ken Hardy, culture is
 - a. Unimportant in family dynamics
 - b. Influential, but only to those who pay attention to it
 - c. Simultaneously dynamic, fluid, and static
 - d. Time limited, because a family's culture shifts over the generations

7. The family life cycle is
 - a. An example of family decline
 - b. A linear model
 - c. An example of a life stressor
 - d. A developmental model

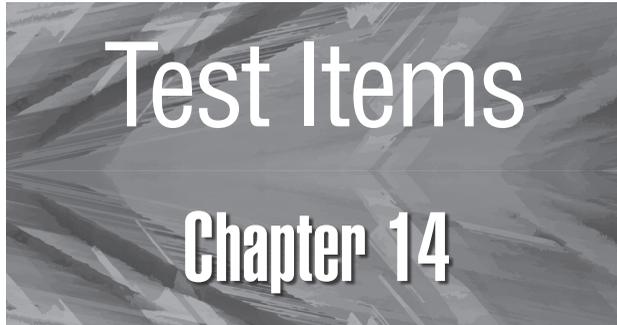
8. Which of the following family therapists is best known for their structural approach to treatment?
 - a. Satir
 - b. Bowen
 - c. Haley
 - d. Minuchin

9. Which of the following family therapists is best known for their strategic approach to treatment?
 - a. Satir
 - b. Bowen
 - c. Haley
 - d. Minuchin

10. A counselor directing a client to physically move during a session is an activity most likely to occur in which of the following approaches to family therapy?
 - a. Conjoint
 - b. Transgenerational
 - c. Strategic
 - d. Structural

Matching

11. _____ José Szapocznik
 12. _____ Virginia Satir
 13. _____ Murray Bowen
 14. _____ Jay Haley
 15. _____ Salvador Minuchin
-
- a. Conjoint
 - b. Transgenerational
 - c. Strategic
 - d. Brief strategic
 - e. Structural



Test Items

Chapter 14

Feminist Theory

Barbara Herlihy and Tatiana Cruz

True/False

1. The origins of feminist therapy can be traced back to consciousness-raising groups that were formed in the 1960s.
 - a. True
 - b. False
2. In the 21st century, feminist therapy has developed into a single, unified theory.
 - a. True
 - b. False
3. Feminist therapists believe that powerlessness is a learned behavior.
 - a. True
 - b. False
4. Feminist therapists avoid self-disclosing about their own personal experiences with sexism.
 - a. True
 - b. False
5. Feminist therapists reject the disease or medical model of diagnosis.
 - a. True
 - b. False

Multiple Choice

6. Currently, a major goal for feminist therapists is to
 - a. Encourage more men to become feminist therapists
 - b. Eliminate the use of the *Diagnostic and Statistical Manual of Mental Disorders* diagnostic system in counseling
 - c. Reenergize the consciousness-raising group movement
 - d. Integrate multiculturalism and social justice into feminist therapy

7. A feminist therapist would be least likely to work with a client by
 - a. Helping the client consider how they define power
 - b. Using brief therapy interventions to help the client achieve concrete, short-term goals
 - c. Exploring with the client their gender role socialization from childhood
 - d. Using bibliotherapy as a strategy to increase client self-awareness

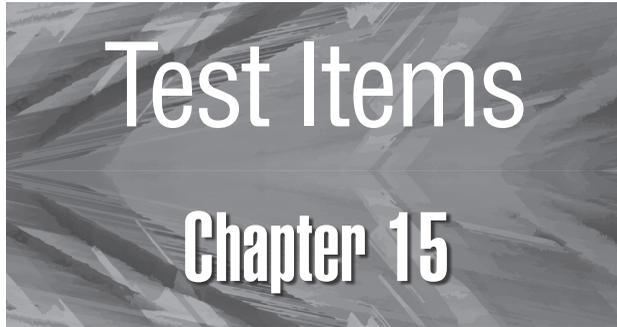
8. Creating an egalitarian therapeutic relationship is important to feminists because
 - a. The inequities in the client's life should not be replicated in the therapeutic relationship
 - b. Male clients are often uncomfortable with powerlessness
 - c. Clients expect their therapists to be experts who can help them solve their problems
 - d. Informed consent is mandated by professional codes of ethics

9. The assessment process in feminist therapy typically does not include
 - a. Selecting the least stigmatizing *Diagnostic and Statistical Manual of Mental Disorders* diagnosis for the client
 - b. Learning about the client's views on their social positionalities
 - c. The therapist's assessing of their own biases and stereotypes related to cultural attributes
 - d. Identifying the client's strengths and sources of resilience

10. A feminist therapist counseling a client who has an eating disorder would be most likely to
 - a. Refer the client to group counseling rather than establish an individual counseling relationship, because groups have been shown to be a more effective treatment modality
 - b. Establish immediate goals for healthy eating and weight gain
 - c. Explore with the client the messages they have internalized from the mass media
 - d. Explore whether the client has a history of sexual victimization

Matching

11. _____ Womanist
 12. _____ Feminist consciousness
 13. _____ The personal is political
 14. _____ Reframing
 15. _____ Resistance
-
- a. Symptoms of distress are revalued as coping mechanisms
 - b. A term preferred by some feminists of color
 - c. An individual's ability to survive and cope in a repressive environment
 - d. Women's voices, which value subjective experience, must be heard
 - e. Problems of women and other repressed groups originate in the environment rather than within the individual



Test Items

Chapter 15

Constructivist Theories: Solution-Focused and Narrative Therapies

Cirecie A. West-Olatunji and Talana Butler

True/False

1. Critics of constructivist counseling argue that this theory promotes group thinking and ignores the individual's learning structure.
 - a. True
 - b. False
2. In solution-focused counseling, no emphasis is placed on the personality or past issues of the client.
 - a. True
 - b. False
3. Narrative counseling was developed by Steve de Shazer and Insoo Kim Berg.
 - a. True
 - b. False
4. As a key feature, narrative therapy is designed to aid clients in interpreting and altering their life stories.
 - a. True
 - b. False
5. A key feature of solution-focused counseling is that individuals can only perceive the world based on their own experiences.
 - a. True
 - b. False

Multiple Choice

6. Which one of the following is not descriptive of narrative therapy and development?
 - a. Human development emphasizes coherence in the individual's autobiographical narrative
 - b. Individuals have connections from interactions with themselves or with the environment
 - c. An individual's cognitions can greatly skew their perceptions of their life story
 - d. Two forms of narrative coherence are thematic and autobiographical

7. Who originally developed narrative therapy?
 - a. Michael White and David Epston
 - b. Steve de Shazer and Insoo Kim Berg
 - c. B. F. Skinner and John Watson
 - d. Albert Bandura and Albert Ellis

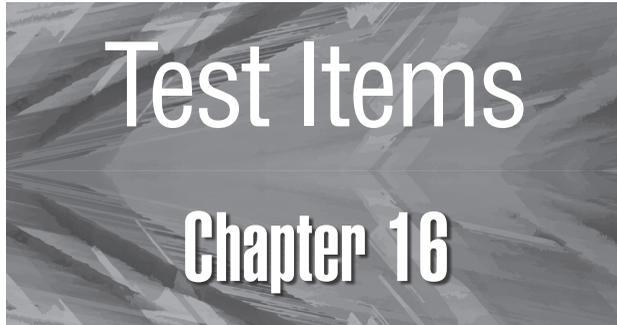
8. Which one of the following is not a major construct for solution-focused and narrative therapy?
 - a. Nothing can ever be truly known
 - b. Nothing can ever be truly objective
 - c. Anything human beings know is bound by their sense of time
 - d. The personal is political

9. Which one of the following is not a goal of solution-focused counseling?
 - a. Determine what the minor, mundane, and everyday details of the client's life would be like, if their hopes were achieved
 - b. Learn what the client is already doing that might aid in realizing their goals
 - c. Explore the foundational cause of the problem that the client is trying to solve
 - d. Explore what might be different in the client's life if they made one very small step toward realizing their hopes

10. Which of the following is a process of change for constructivist counseling approaches?
 - a. Clients are seen as agents of their own transformation
 - b. Counselors serve as facilitators rather than experts in the change process
 - c. The client and counselor are equals in the horizontal, collaborative process of meaning making
 - d. All of the above

Matching

11. _____ Solution-focused counseling
 12. _____ Narrative counseling
 13. _____ Constructivism
 14. _____ Parent-child interactions
 15. _____ Narrative foreclosure
-
- a. Assumes that clients frequently compare and identify their lives based on the experiences of others
 - b. The danger of failing to redraft stories
 - c. The counselor assumes the “not-knowing position”
 - d. Plays a role in adolescents’ ability to express their identity
 - e. A metatheory with a variety of theoretical approaches represented under its ideological umbrella



Test Items

Chapter 16

Integrating Theories: Emotion-Focused Therapy

Kirsten W. Murray, Julia Champe, and Mark Young

True/False

1. Les Greenberg and Susan Johnson were the developers of emotionally focused therapy (EFT) for couples.
 - a. True
 - b. False
2. Greenberg's work has emphasized emotion and emotion regulation as organizing factors in relationships.
 - a. True
 - b. False
3. In emotion-focused counseling, clients are viewed as worthy and capable, and they develop awareness of feelings, reactions, and thoughts while orienting toward self-actualization.
 - a. True
 - b. False
4. According to attachment theory, humans are not wired for being in relationships with others. An individual has to make an active effort to attach to others.
 - a. True
 - b. False

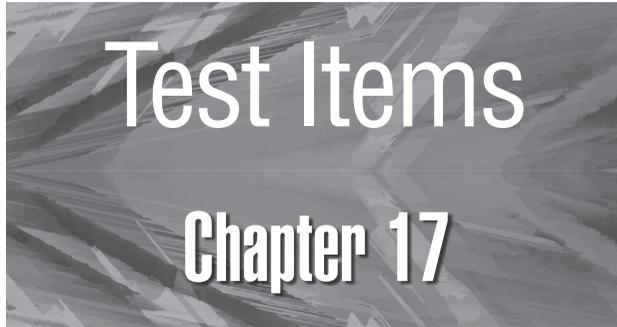
5. Primary emotions are those used to cover up vulnerable emotions as a form of protection or as a learned response, such as expressing anger when a person is feeling shame or is scared.
 - a. True
 - b. False

Multiple Choice

6. Which one of the following is a person's most fundamental, direct, and initial reactions to any situation?
 - a. Maladaptive emotions
 - b. Instrumental emotions
 - c. Primary emotions
 - d. Secondary emotions
7. Which one of the following developed attachment theory?
 - a. John Bowlby
 - b. Harry Harlow
 - c. Mary Ainsworth
 - d. All of the above
8. Which one of the following best describes what counselor build when they intentionally comfort, validate, and attune to the client's emotional experience?
 - a. A therapeutic relationship
 - b. Rapport with the client
 - c. A secure base
 - d. A safe haven
9. Which of the following best describes an anxious attachment style?
 - a. When the person has a negative view of the self and a negative view of others
 - b. When the person has a positive view of the self and a negative view of others
 - c. When the person has a positive view of the self and a positive view of others
 - d. When the person has a negative view of the self and a positive view of others
10. Constructivist-oriented counselors
 - a. Do not impose their own lived experiences on the client's narrative
 - b. Seek to impart their own lived experiences on their clients
 - c. Believe that their clients are unable to resolve discrepancies in their life stories
 - d. Take the perspective that clients' cultural backgrounds are irrelevant to their stories

Matching

11. _____ Corrective emotional experience
 12. _____ Restructuring
 13. _____ Stabilization
 14. _____ Consolidation
 15. _____ A goal of EFT
-
- a. The stage in EFT whereby the client begins deep emotional work, including addressing past attachment wounds
 - b. This happens when the EFT counselor works to be a secure base or a reliable attachment figure for the client from which the client can engage in deeper exploration, vulnerable risk-taking, increased emotional engagement, and meaning making
 - c. The reprocessing of client emotions and the creation of new interactions
 - d. The stage where clients can begin to encounter presenting problems from places of emotional integration and congruence
 - e. Aligning people's basic needs for acceptance, connection, and safety for exploration and growth



Test Items

Chapter 17

Using Creative Approaches in the Context of Counseling and Psychotherapy

Thelma Duffey and Shane Haberstroh

True/False

1. *Creative and expressive therapy* is an umbrella term used to describe professions such as art therapy, music therapy, psychodrama, movement therapy, and poetry therapy, among others.
 - a. True
 - b. False
2. In order to maintain the therapeutic integrity of art therapy, it should be treated as a stand-alone modality and not be combined with other theoretical approaches.
 - a. True
 - b. False
3. Creative arts therapies and creativity in counseling (CIC) both require an expertise in artistic expression.
 - a. True
 - b. False
4. Play therapy is useful for adults as well as children.
 - a. True
 - b. False
5. The Association for Creativity in Counseling is a division within the American Counseling Association.
 - a. True
 - b. False

Multiple Choice

6. _____ theory influenced the Association for Creativity in Counseling and CIC.
 - a. Reality
 - b. Relational-cultural
 - c. Psychoanalytic
 - d. Gestalt

7. Which one of the following is a limitation of CIC?
 - a. Lack of standardized interventions
 - b. Barriers to counselors' understanding of creativity and its application in counseling
 - c. The socially constructed myths related to one's creativity
 - d. All of the above

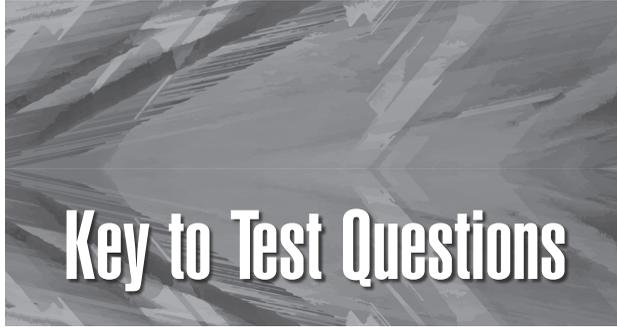
8. According to CIC, creativity
 - a. Promotes new perspectives, problem-solving, and productive relationships
 - b. Is relegated to a special few
 - c. Can be used without consideration of the *ACA Code of Ethics*
 - d. Is stifled in counselors with no formal creative arts training

9. The concepts of _____ are vital to CIC.
 - a. Culture, mutual relationships, and recognition of power structures
 - b. Hierarchy of needs, trauma recognition, and validation
 - c. Psychoanalytic theory, diagnosis, and assessment
 - d. Drama therapy, role play, and empty-chair techniques

10. The creative counselor believes that pathologizing clients
 - a. Is necessary to complete a treatment plan
 - b. Should occur only after their assessment by a psychiatrist
 - c. Reinforces the shame and stigma associated with mental illness
 - d. Is helpful because it provides a starting point for treatment

Matching

11. _____ Relational-cultural theory concepts
 12. _____ CIC goal
 13. _____ Developmental relational counseling variables
 14. _____ Creative and expressive arts therapies
 15. _____ Memory box
- a. Clarity, compassion, feedback, and connection
 - b. Connections, disconnections, and reconnections
 - c. Art, music, and dance/movement
 - d. Connect with one's sense of spontaneity, sense of fun, and levity
 - e. An intervention in CIC



Key to Test Questions

Chapter 1

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|-----|---|-----|---|-----|---|-----|---|-----|---|
| 1. | a | 2. | b | 3. | a | 4. | b | 5. | b |
| 6. | b | 7. | a | 8. | c | 9. | d | 10. | d |
| 11. | c | 12. | e | 13. | a | 14. | d | 15. | b |

Chapter 2

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| 6. | b | 7. | d | 8. | a | 9. | d | 10. | c |
| 11. | c | 12. | e | 13. | b | 14. | a | 15. | d |

Chapter 3

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Chapter 4

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| 6. | b | 7. | a | 8. | a | 9. | d | 10. | c |
| 11. | d | 12. | b | 13. | a | 14. | c | 15. | e |

Chapter 5

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| 6. | c | 7. | a | 8. | b | 9. | d | 10. | a |
| 11. | a | 12. | d | 13. | c | 14. | e | 15. | b |

Chapter 6

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| 6. | c | 7. | d | 8. | a | 9. | d | 10. | d |
| 11. | d | 12. | b | 13. | a | 14. | c | 15. | e |

Chapter 7

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| 6. | b | 7. | b | 8. | c | 9. | c | 10. | c |
| 11. | c | 12. | b | 13. | d | 14. | a | 15. | e |

Chapter 8

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| 11. | e | 12. | a | 13. | d | 14. | c | 15. | b |

Chapter 9

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| 11. | b | 12. | a | 13. | d | 14. | c | 15. | e |

Chapter 10

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| 6. | c | 7. | c | 8. | a | 9. | d | 10. | d |
| 11. | a | 12. | e | 13. | b | 14. | d | 15. | c |

Chapter 11

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| 6. | b | 7. | d | 8. | b | 9. | a | 10. | d |
| 11. | c | 12. | a | 13. | d | 14. | b | 15. | e |

Chapter 12

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| 11. | b | 12. | c | 13. | a | 14. | d | 15. | e |

Chapter 13

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| 6. | c | 7. | d | 8. | d | 9. | c | 10. | d |
| 11. | d | 12. | a | 13. | b | 14. | c | 15. | e |

Chapter 14

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| 6. | d | 7. | b | 8. | a | 9. | a | 10. | c |
| 11. | b | 12. | d | 13. | e | 14. | a | 15. | c |

Chapter 15

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| 6. | c | 7. | a | 8. | d | 9. | c | 10. | d |
| 11. | c | 12. | a | 13. | e | 14. | d | 15. | b |

Chapter 16

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|-----|---|-----|---|-----|---|-----|---|-----|---|
| 1. | a | 2. | a | 3. | a | 4. | b | 5. | b |
| 6. | c | 7. | d | 8. | d | 9. | d | 10. | a |
| 11. | c | 12. | a | 13. | b | 14. | d | 15. | e |

Chapter 17

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|-----|---|-----|---|-----|---|-----|---|-----|---|
| 1. | a | 2. | b | 3. | b | 4. | a | 5. | a |
| 6. | b | 7. | d | 8. | a | 9. | a | 10. | c |
| 11. | b | 12. | d | 13. | a | 14. | c | 15. | e |