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Question: 1

According to research, which of the following is true about parents who do not use or tolerate aggression in their family?

- A. They influence other families similarly
- B. They produce more aggressive children
- C. They produce less aggressive children
- D. They communicate better than other families

Answer: C

Explanation:

Correct answer: They produce less aggressive children

Research into parenting styles has revealed that when parents do not use or tolerate aggression in the home, the children growing up in these homes tend to be less aggressive. This research does not suggest that these families will influence other families to operate in a similar manner, nor does it suggest that communication is better in families that do not tolerate aggression.

Question: 2

Which of the following is false about the concept of prejudice?

- A. It may be positive or negative
- B. It is a preconceived judgment or opinion
- C. It can be directed at individuals or groups
- D. It is defined as intentionally malicious

Answer: D

Explanation:

Correct answer: It is defined as intentionally malicious

Prejudice is a preconceived judgment or opinion about an individual or group of people that may be positive or negative. It is often not intentionally malicious.

Question: 3

Computer programmer and chemist are examples of what type of career, according to Holland?

- A. Conventional

- B. Enterprising
- C. Realistic
- D. Investigative

Answer: D

Explanation:

Correct answer: Investigative

John Holland's career theory is structural in approach, but he believes that career choice is an expression of personality. He identified six personality types that develop due to parental influences, genetic factors, and the environment. These types include realistic (explicit tasks requiring physical work, e.g., mechanic), investigative (intellectual and prefers systematic, creative activities), artistic (imaginative), social (enjoys interacting with and helping others), enterprising (prefers leadership roles), and conventional (practical and ordered). Computer programmer and chemist are examples of the investigative career style.

Question: 4

What type of group is most dedicated to exploring basic life assumptions, recognizing strengths and accepting responsibility, and developing social interests?

- A. T-group
- B. Cognitive behavioral
- C. Adlerian
- D. Self-help

Answer: C

Explanation:

Correct answer: Adlerian

Adlerian groups aim to help people explore basic life assumptions, recognize strengths, encourage the acceptance of responsibility, and develop social interests.

Cognitive behavioral groups are a type of task group that aims to teach members how their thoughts impact their behaviors and feelings. Self-help groups are informal groups without a designated leader and usually serve as a support group. A T-group is an experiential group meant to help members change various aspects of their lives.

Question: 5

Who is known for the idea that empathy, respect, and genuineness are part of the human relations core that makes the helping relationship successful?

- A. Allen Ivey
- B. Abraham Maslow

- C. Carl Rogers
- D. Stanley Strong

Answer: C

Explanation:

Correct answer: Carl Rogers

Carl Rogers is known for his focus on empathy, respect, and genuineness. Rogers believed that these components are incredibly important when building the relationship between counselor and client, and without these qualities the helping relationship is not likely to succeed.

Question: 6

Which of the following do brief therapy and narrative therapy have in common?

- A. They both demand a rigorous examination of the past
- B. They are both highly limited in scope
- C. They both involve the study of cognitive patterns
- D. They are based on constructivist theory

Answer: D

Explanation:

Correct answer: They are based on constructivist theory

Brief therapy and narrative therapy have in common a basis in constructivist theory, which is the idea that, to some degree, reality is constructed socially. The practice implication is that by addressing this social construction or personal narrative, positive change can be enacted.

Narrative theory may not be highly limited in scope. The two therapies do not necessarily involve a rigorous examination of the past. They may or may not involve the study of cognitive patterns.

Question: 7

Are medical interventions appropriate for those suffering from substance-related disorders?

- A. Yes, in some circumstances
- B. Yes, in tandem with psychotherapy
- C. Yes, in tandem with mindfulness training
- D. No, under no circumstances

Answer: A

Explanation:

Correct answer: Yes, in some circumstances

The DSM-5 contains a section that is dedicated to substance-related and addictive disorders. This section details 10 different classes of drugs and the clinical criteria used to diagnose them.

In terms of treatment, a variety of modalities have proven successful, some of which can be medical, such as the use of substitute medication for substances of concern. Treatment modalities are highly variable and may contain psychotherapy and/or mindfulness in addition to medical interventions when indicated.

Question: 8

A researcher wants to determine the impact that income level, educational achievements, race, and religious values have on whether children graduate from college. What statistical measure would give the best predictive power of these variables on the dependent variable?

- A. Scatterplot
- B. Multiple regression
- C. Factor analysis
- D. T-test

Answer: B

Explanation:

Correct answer: Multiple regression

Multiple regression can be used when a researcher wants to examine the strength of the relationship of independent variables on a dependent variable. Multiple regression is able to add together the predictive power of many independent variables, as in this example.

Question: 9

Which of the following is an example of intrinsic motivation?

- A. Earning an allowance for completing chores
- B. Writing poetry in a journal because it is enjoyable
- C. Volunteering at a homeless shelter to earn community service credits
- D. Getting paid a high salary after completing many years of medical school

Answer: B

Explanation:

Correct answer: Writing poetry in a journal because it is enjoyable

There are two types of motivation: intrinsic and extrinsic. Intrinsic motivation refers to the internal desire to be competent and to engage in a behavior simply because it is personally rewarding. When individuals are intrinsically motivated, they do something to bring themselves internal satisfaction or pleasure. Extrinsic motivation refers to the desire to do something because of external rewards (or not

do it because of lack of rewards). Salary, allowance, and community service credits are all examples of extrinsic rewards.

Question: 10

A counselor is meeting with a client who has sought out counseling due to anxiety related to a recent divorce. The counselor asks the client to pretend that a miracle happened and then explain how she would know and what would be different. Each time the counselor meets with the client, she asks the client to rank her anxiety levels related to different situations on a scale of one to ten. This counselor is most likely using what type of counseling approach?

- A. Solution-Focused Brief Therapy
- B. Adlerian therapy
- C. Narrative therapy
- D. Reality therapy

Answer: A

Explanation:

Correct answer: Solution-focused brief therapy

Solution-Focused Brief Therapy (SFBT) is used to address specific problems in the moment rather than dwelling on past experiences or the history of the problem. Counselors operating from this perspective believe that the client is capable of finding solutions. Frequently used techniques of SFBT include the miracle question (what would be different if a miracle occurred in the client's life), the exceptions questions (what things were like when the problem didn't exist), and scaling questions (rating changes in the client's affect, emotions, etc., from one to ten).

Question: 11

What distinguishes flooding from other types of desensitization strategies?

- A. Flooding can only be used in cases of severe trauma
- B. Flooding does not involve exposure to a feared stimulus
- C. Flooding is mostly used for mood-disordered clients
- D. Flooding involves actual exposure to a feared stimulus

Answer: D

Explanation:

Correct answer: Flooding involves actual exposure to a feared stimulus

Desensitization strategies are designed to reduce the anxiety that occurs when a person is exposed to a feared stimulus, as in the case of a phobia. The technique of flooding differs from other, more gradual applications of this strategy by making the exposure to the feared stimulus total and immediate.

Flooding is not necessarily indicated or contraindicated for persons with severe trauma and mood disorder. Its suitability depends on how the counselor evaluates their possible success with this technique in response to a feared stimulus.

Question: 12

Which of the following is the most significant factor in client success?

- A. The relationship between counselor and client
- B. The specific technique of the counselor
- C. The knowledge of the client
- D. The level of expertise of the counselor

Answer: A

Explanation:

Correct answer: The relationship between a counselor and a client

Much research evidence affirms that the most important factor in client success is the quality of the relationship between a counselor and a client. This is more of a determination of success than the specific technique of the counselor, the level of expertise of the counselor, or the level of knowledge the client has been able to attain.

Question: 13

Which of the following is correct about comorbidities of obsessive-compulsive disorders?

- A. Comorbidities are only commonly present in body dysmorphic disorder
- B. Comorbidities are not common
- C. Comorbidities are not uncommon
- D. Comorbidities are only commonly present in hoarding disorder

Answer: C

Explanation:

Correct answer: Comorbidities are not uncommon

Obsessive-compulsive and related disorders constitute their own section in the DSM-5, which deals with patterns of obsessive preoccupation and engagement in repetitive behaviors. Comorbidities are not uncommon in these disorders, such as depressive and anxiety disorders.

These comorbidities are not only present in hoarding disorder or body dysmorphic disorder.

Question: 14

In what group situation does a laissez-faire style of leadership work best?

- A. In groups that have not yet become cohesive
- B. In groups that require quick decision-making
- C. In groups where members are committed to a common goal
- D. In groups made up of people from many different backgrounds

Answer: C

Explanation:

Correct answer: In groups where members are committed to a common goal

Group counselors should explore several types of leadership styles and decide which style works best for them in certain group situations. The laissez-faire style of leadership works best in groups that share a common goal and are self-motivated. The democratic style of leadership is well-liked, but not as efficient as the autocratic style of leadership. This style leads to quick decision-making but may not always take every group member's opinion into consideration.

Question: 15

What is the purpose of establishing a feedback loop throughout the planning of a counseling program?

- A. To help establish goals and objectives for the intervention
- B. To assess various areas of need in the program
- C. To make sure development is proceeding appropriately
- D. To provide a system of checks and balances to show insurance companies that their money is well-spent

Answer: C

Explanation:

Correct answer: To make sure development is proceeding appropriately

An important step in the counseling program planning process is processing information as the planning moves forward. It is best to have a clear structure of individuals who can obtain and relay feedback about goals, objectives, needs, philosophy, and the broader system to the planning team to ensure that the planning process is as relevant and thorough as possible.

Question: 16

A counselor has been meeting with a client, Jim, for over three years at the same time every week. The counselor is looking for new clients to add to his practice and receives a call from a potential client who would like to come in during the same time slot as Jim. The counselor tells the new client that he is free at that time and thinks, "Jim will understand. I'll just ask him to come at a different time for a while." This is a violation of all of the following ethical principles except which one?

- A. Veracity
- B. Justice
- C. Autonomy
- D. Fidelity

Answer: C

Explanation:

Correct answer: Autonomy

There are many principles that underlie counselors' ethical decision making. These include beneficence, the desire to work for the good of the client as well as for society; nonmaleficence, avoiding harm; autonomy, respecting the client's right to self-determination; justice, treating individuals fairly; fidelity, honoring commitments; and veracity, being honest and truthful. By prioritizing a new client over another client, this counselor is violating the principles of fidelity, justice, and veracity. Ethically, the counselor should reserve the appointment time for the existing client and attempt to find another time to meet with the new one.

Question: 17

Stanford-Binet Intelligence Scales and the Wechsler Adult Intelligence Scale (WAIS-IV) both measure all of the following except:

- A. the ability to adapt to the environment
- B. cognitive ability
- C. the effects of learning on an individual
- D. the ability to think in abstract terms

Answer: C

Explanation:

Correct answer: the effects of learning on an individual

Counselors should be familiar with the types of tests and inventories that may be given to individuals to assess for a variety of factors, such as intelligence, achievement, aptitude, personality, and interests. Intelligence tests, including the Stanford-Binet Intelligence Scales and the Wechsler Adult Intelligence Scale (WAIS-IV), measure a person's cognitive ability to think in abstract terms and adapt to the environment. Achievement tests, on the other hand, measure the effects of learning on an individual.

Question: 18

Sara is a 22-year-old woman who has just graduated from college. She does not currently have a romantic partner but would like to find someone special, get married, and have children in the next five to ten years. What stage of Erikson's psychosocial development is Sara going through?

- A. Intimacy versus isolation

- B. Integrity versus despair
- C. Industry versus inferiority
- D. Generativity versus stagnation

Answer: A

Explanation:

Correct answer: Intimacy versus isolation

According to Erikson, intimacy versus isolation is a stage in early adulthood when the young adult seeks intimate relationships and is tasked with either giving up some independence or becoming lonely and isolated. Generativity versus stagnation occurs in middle adulthood when adults desire to contribute to society and produce something valuable. Integrity versus despair occurs during later adulthood when older adults view life as either meaningful or full of regrets. Industry versus inferiority occurs during latency (ages six to eleven) when children are tasked with mastering social and academic skills.

Question: 19

Resistance is a common behavior that occurs during the group process. What is one major function of resistance?

- A. It allows for extensive processing outside of group sessions
- B. It serves as a way for the counselor to insert himself into the group process
- C. It psychologically protects the group member from painful feelings
- D. It helps group members connect with each other on an emotional level

Answer: C

Explanation:

Correct answer: It psychologically protects the group member from painful feelings

Counselors who are leading groups must frequently handle resistance, which is any behavior that impedes progress. There is a wide variety of resistant behavior, such as being disrespectful toward the group counselor, coming late to sessions or leaving early, refraining from talking during the session, changing the subject, denying that one has problems, and many other behaviors. The one thing that resistant behaviors have in common, however, is that they all protect the group member from painful or uncomfortable feelings. The task of the group counselor is to address the resistance in a way that will draw the group member back into the group process in a helpful, therapeutic way.

Question: 20

What are automatic thoughts, following the work of Beck?

- A. Random, negative, and intrusive cognition
- B. Chosen negative cognition in response to stress
- C. Trauma-inflected reactive cognition

D. Unconscious cognition resulting in neurosis

Answer: A

Explanation:

Correct answer: Random, negative, and intrusive cognition

Automatic thoughts are a key principle to understand in the work of Beck and his school of cognitive therapy. Automatic thoughts are random, negative, and intrusive cognition that arises in response to the pressures of the world and a client's experience. If unchallenged, these can drive depression and contribute to unrealistic views about the world.

In this view, automatic thoughts are not chosen, unconscious, or specifically trauma-inflected.



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