|  |
| --- |
| **Multiple Choice** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. ​Kathryn faced a complex case with no clear positive outcome. Establishing an empathic relationship and listening carefully to the client story may result in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   |  |  |  | | --- | --- | --- | |  | a. | ​deeper distress and burnout | |  | b. | ​more compassion and goal setting | |  | c. | ​specific goals but no clear solutions | |  | d. | ​clearer goals and possible solutions |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | You as Helper, Your Goals, Your Competencies | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:16 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Primarily focused on normal, developmental issues and concerns.​   |  |  |  | | --- | --- | --- | |  | a. | ​interviewing | |  | b. | ​counseling | |  | c. | ​psychotherapy | |  | d. | ​counseling and psychotherapy |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Interviewing, Counseling, Psychotherapy, and Related Fields | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:19 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. Useful for obtaining information about a client.​   |  |  |  | | --- | --- | --- | |  | a. | ​interviewing | |  | b. | ​counseling | |  | c. | ​psychotherapy | |  | d. | ​interviewing and counseling**​** |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Interviewing, Counseling, Psychotherapy, and Related Fields | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:22 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Most often considered related to deeper problems and issues.​   |  |  |  | | --- | --- | --- | |  | a. | ​interviewing | |  | b. | ​counseling | |  | c. | ​psychotherapy | |  | d. | ​interviewing and psychotherapy |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Interviewing, Counseling, Psychotherapy, and Related Fields | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:24 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Which of the following statements is INCORRECT?​   |  |  |  | | --- | --- | --- | |  | a. | ​The terms counseling and interviewing are used interchangeably in this text. | |  | b. | ​Counselors and psychotherapists typically draw on the interview in the early phases of their work. | |  | c. | ​You can become a successful counselor or therapist with no solid interviewing skills. | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Interviewing, Counseling, Psychotherapy, and Related Fields | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:29 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Which of the following typically use interviewing skills?​   |  |  |  | | --- | --- | --- | |  | a. | ​Business and administration personnel. | |  | b. | ​Counselors and psychotherapists. | |  | c. | Government agents and medical professionals.​ | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Interviewing, Counseling, Psychotherapy, and Related Fields | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:35 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7. Microskills are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​communication skill units that help you to interact more effectively with a client. | |  | b. | ​short responses you provide after each client statement. | |  | c. | ​effective ways to promote small talk. | |  | d. | ​small skills. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 1:50 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. Most important to developing competence in the microskills is​   |  |  |  | | --- | --- | --- | |  | a. | ​understanding the concepts. | |  | b. | ​audio and videotape feedback. | |  | c. | ​learning to identify and classify skills. | |  | d. | ​practice. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:03 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Uses microskills with all clients.​   |  |  |  | | --- | --- | --- | |  | a. | ​interviewing | |  | b. | ​counseling | |  | c. | ​psychotherapy | |  | d. | ​all of these |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:12 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. Listening empathically to client stories and narratives is described by the authors as central to the helping process. We can build client strengths through​   |  |  |  | | --- | --- | --- | |  | a. | ​listening patiently to the client’s full story before moving on. | |  | b. | seeking to find positive strengths within the client story, even if the story is full of difficulties and problems. | |  | c. | ​ignoring negative parts of the story and focusing only on the positive. | |  | d. | ​drawing on counseling theory in a careful manner. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:16 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. The Microskills Hierarchy​   |  |  |  | | --- | --- | --- | |  | a. | ​demonstrates clearly that different clients have different needs. | |  | b. | ​demonstrates that alternative settings for counseling require different skills. | |  | c. | ​describes the skills in order of importance. | |  | d. | ​provides a picture of the microskills as they move from attending to influencing to skill integration. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:25 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. The foundation of the Microskills Hierarchy is (are)​   |  |  |  | | --- | --- | --- | |  | a. | ​ethics, multicultural competence, neuroscience, and resilience | |  | b. | ​attending behaviors | |  | c. | ​influencing behavior | |  | d. | ​determining one’s own personal style of helping |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:29 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. Concerning the relationship of microskills to counseling theory—​   |  |  |  | | --- | --- | --- | |  | a. | ​we can predict counseling results from microskills. | |  | b. | ​different theories have varying patterns of microskill usage. | |  | c. | ​theories focus on individual concerns. | |  | d. | ​action in interviewing is related to one’s theory of choice. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:32 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14. In interviewing, the microskills may have​   |  |  |  | | --- | --- | --- | |  | a. | ​different effects on people from varying cultural backgrounds. | |  | b. | ​consistent and predictable effects on people from varying cultural backgrounds. | |  | c. | ​limitations due to lack of emphasis on multicultural issues. | |  | d. | ​predictable impact on White clients, but not on People of Color. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:36 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 15. The five stages of the interview process are:​   |  |  |  | | --- | --- | --- | |  | a. | ​*intake interview—relationship—story and problems—goals—restory—follow up*. | |  | b. | ​*intake evaluation—list of problems—therapy—outcome—termination*. | |  | c. | ​*empathic intake— reasons for consultation——goals—restory—follow up*. | |  | d. | ​*empathic relationship—story and strengths—goals—process—conclusion*. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:39 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 16. An empathic relationship has been found to be responsible for \_\_\_ or more of the change observed in effective counseling sessions.​   |  |  |  | | --- | --- | --- | |  | a. | ​30% | |  | b. | ​50% | |  | c. | ​60% | |  | d. | ​80% |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:43 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 17. Research validation of the microskills framework reveals​   |  |  |  | | --- | --- | --- | |  | a. | ​very little transfer from the practice session to the real world. | |  | b. | ​consistent positive transfer. | |  | c. | ​transfer of the learning if the student has mastered the skills. | |  | d. | ​skills must be practiced in the real world to ensure transfer of learning. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:49 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18. ​Which of the following is correct about research into microskills?   |  |  |  | | --- | --- | --- | |  | a. | ​You can anticipate how clients will respond to you when you use microskills. | |  | b. | ​Practice with the skills is needed to develop competence. | |  | c. | ​Multicultural differences exist. | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:53 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 19. Which of the following is NOT true about research into microskills?​   |  |  |  | | --- | --- | --- | |  | a. | ​The skills have been shown to be teachable and show construct validity. | |  | b. | ​Practice with the skills to competence levels appears to be especially important in developing competence. | |  | c. | ​People can learn to use the skills, but their impact on clients is minimal. | |  | d. | ​Different counseling theories have different patterns of microskill usage. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | The Microskills Approach | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 2:59 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 20. Culturally intentional interviewing is concerned with​   |  |  |  | | --- | --- | --- | |  | a. | ​finding the single best response for each client statement. | |  | b. | ​the counselor knowing one theory exceptionally well. | |  | c. | ​having many alternative responses available to any client statement. | |  | d. | ​explaining to the client why you made that particular choice. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Cultural Intentionality | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:02 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 21. Which of the following is incorrect from the point of view of cultural intentionality?​   |  |  |  | | --- | --- | --- | |  | a. | ​clients exist in a multicultural situation and context. | |  | b. | ​Interviewing and counseling do not exist in a vacuum. | |  | c. | ​becoming cultural competent is basic to interviewing and counseling practice. | |  | d. | ​cultural intentional counselors can solve all of their clients’ issues in a few sessions. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Cultural Intentionality | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:05 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 22. ​Different cultural groups   |  |  |  | | --- | --- | --- | |  | a. | ​require counseling from a member of her or his own culture. | |  | b. | ​may require differing approaches to the interview. | |  | c. | ​benefit from the best of traditional counseling theories. | |  | d. | ​illustrate that the concept of intentionality may be incorrect at times. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Cultural Intentionality | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:34 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 23. Which of the following is false?​   |  |  |  | | --- | --- | --- | |  | a. | ​Eye contact and body language patterns differ among cultural groups. | |  | b. | ​Religion, class, and gender are part of multicultural differences. | |  | c. | ​We can expect individuals from different cultural groups to have the same behavior. | |  | d. | ​Stereotyping individuals or cultural groups is inappropriate. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Cultural Intentionality | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:42 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24. Resilience is​   |  |  |  | | --- | --- | --- | |  | a. | ​the process whereby counselors learn to forgive difficult clients. | |  | b. | ​a dynamic process whereby individuals learn to accept significant adversity and live with their consequences. | |  | c. | ​a dynamic process whereby individuals exhibit positive behavioral adaptation when they encounter significant adversity. | |  | d. | ​the process by which clients learn to aggressively confront the challenges they encounter. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Resilience and Self-Actualization | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:45 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25. A major goal of interviewing and counseling.​   |  |  |  | | --- | --- | --- | |  | a. | ​promote client’s resilience. | |  | b. | ​control client’s behavior. | |  | c. | ​change counselor’s individual characteristics. | |  | d. | ​predict client’s future. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Resilience and Self-Actualization | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:47 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 26. Which of the following is not supported by neuroscience?​   |  |  |  | | --- | --- | --- | |  | a. | ​Self-control relies primarily on cognitive skills in the prefrontal lobes of the brain. | |  | b. | ​Emotional regulation is the ability to respond appropriately socially. | |  | c. | ​Humans cannot regulate basic emotions because these are rooted in deep brain structures. | |  | d. | ​Effective cognitive decisions are accompanied by  emotional regulation and self-control. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Resilience and Self-Actualization | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:54 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. Carl Rogers and Abraham Maslow focused on​   |  |  |  | | --- | --- | --- | |  | a. | ​classical conditioning | |  | b. | ​self-actualization | |  | c. | ​unconscious impulses | |  | d. | ​external rewards |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Resilience and Self-Actualization | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 3:57 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. Counseling and psychotherapy sessions are for the individual client, but we should not forget that​   |  |  |  | | --- | --- | --- | |  | a. | ​without client success we won’t get paid for our services. | |  | b. | ​we are the real cause of the client’s success. | |  | c. | ​​clients exists in a multidimensional, multicultural, social context. | |  | d. | ​we should work as much or more than the client does to reach his or her goal. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Resilience and Self-Actualization | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:10 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. According to neuroscientific findings​   |  |  |  | | --- | --- | --- | |  | a. | ​counseling is a “talking cure.” | |  | b. | ​therapy changes the mind. | |  | c. | ​psychotherapy and counseling refute maladaptive beliefs. | |  | d. | ​counseling and psychotherapy change the brain. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Neuroscience: Counseling Changes the Brain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:12 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 30. Neurogenesis​   |  |  |  | | --- | --- | --- | |  | a. | ​is the capacity to give birth to an offspring. | |  | b. | ​is the creations of new neurons. | |  | c. | ​is the capacity to regulate your nervousness. | |  | d. | ​is the capacity to become neurotic. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Neuroscience: Counseling Changes the Brain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:14 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 31. Neuroplasticity​   |  |  |  | | --- | --- | --- | |  | a. | ​is the client’s capacity to bend and shape plastic materials. | |  | b. | ​is brain’s ability to change and grow. | |  | c. | ​is brain’s capacity to bend its shape. | |  | d. | ​is the capacity of the brain to remain the same over  the client’s lifetime. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Neuroscience: Counseling Changes the Brain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:19 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 32. According to your book, current and future advances in neuroscience would give counselors the possibility of becoming​   |  |  |  | | --- | --- | --- | |  | a. | ​neuropathics. | |  | b. | neurocounselors.​ | |  | c. | ​neurologists. | |  | d. | ​neuropsychologists. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Neuroscience: Counseling Changes the Brain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:23 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 33. Which of the following is correct about the word “problem”?​   |  |  |  | | --- | --- | --- | |  | a. | ​implies difficulty | |  | b. | ​implies deficit | |  | c. | ​use words like “concern” instead | |  | d. | ​all of these |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Neuroscience: Counseling Changes the Brain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:25 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 34. Interviewing, counseling, or psychotherapy usually take place in \_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​Private offices. | |  | b. | ​Behavioral Health Centers or community centers. | |  | c. | ​Homes. | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Office, Community, Phone, and Internet: Where Do We Meet Clients? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:28 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35. Which of the following is usually found in the office of anyone who counsels children?​   |  |  |  | | --- | --- | --- | |  | a. | ​Games | |  | b. | ​Playhouses | |  | c. | ​Play materials (e.g., Play doh) | |  | d. | ​All of these |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Office, Community, Phone, and Internet: Where Do We Meet Clients? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:30 AM | | *DATE MODIFIED:* | 3/4/2015 7:04 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 36. Which of the following statements about online counseling is false?​   |  |  |  | | --- | --- | --- | |  | a. | ​The Internet allows you to talk with counselors 24/7. | |  | b. | ​There are no known rules or guidelines for conducting online counseling. | |  | c. | ​Internet-based counseling is always free. | |  | d. | All of these.​ |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Office, Community, Phone, and Internet: Where Do We Meet Clients? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:33 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 37. Which definition of natural style is closest to that of the text?​   |  |  |  | | --- | --- | --- | |  | a. | ​The way we are | |  | b. | ​Your ability to intentionally adapt to changing life situations | |  | c. | ​Your natural communication style | |  | d. | ​How able you are to listen to others |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Your Natural Style and Beginning Expertise: An Important Audio or Video Activity | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:35 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 38. The authors argue that natural style is a basic building block of intentional counseling.  Which of the following is NOT part of their view of natural style?​   |  |  |  | | --- | --- | --- | |  | a. | ​It is best to identify one’s natural style and then always hold to it. | |  | b. | ​We all have natural strengths in communication. | |  | c. | ​Too many people in interviewing training may forget the many strengths they bring to the course even before instruction begins. | |  | d. | ​Instruction, practice, and learning new skills and strategies can enhance natural style. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Your Natural Style and Beginning Expertise: An Important Audio or Video Activity | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *DATE CREATED:* | 3/2/2015 4:38 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |
| --- |
| **Essay** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 39. ​"I'm not sure where to focus career-wise.  The job market is tight.  I really want to be a teacher.  I like kids.  But then, I am getting married when I graduate.  And what can I do with a major in history?"  a.  What would you say to this client?  b.  Discuss your response in relation to the concept of cultural intentionality.  c.  One of your goals might be to help this client become more intentional.  What would he or she be like at the end of counseling if your work has been successful and the client has increased ability to be intentional?   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:41 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. Let us suppose that the client is a White European-American, then an African-American or Latina/Latino.  How would your responses change or remain similar? Are there contextual issues which need to be considered as part of the helping interview?​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:46 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 41. Cultural intentionality asks us to act with a sense of capability and decide from a range of alternative actions in changing life situations with awareness of cultural differences.  Taking the concept, how would you apply it to a client who presents you with  a.  just being fired? (man?  woman?)  b.  the spouse has just deserted the family?  c.  a death in the family?  d.  issues of child abuse?   |  |  | | --- | --- | | *ANSWER:* | Answers Vary | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:47 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 42. Define interviewing, counseling, and psychotherapy.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:51 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 43. Define and discuss the similarities and differences between counseling and interviewing.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:52 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 44. Outline the main points and concepts of the Microskills Hierarchy.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:53 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 45. Name and briefly explain the five-stages of the well-formed interview.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:54 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 46. Imagine a client comes to you with an issue around interpersonal conflict. How would you use the *empathic relationship—story and strengths—goals—restory—action* model to facilitate their development? Provide concrete examples of your actions within each of the four concepts.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:55 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 47. Describe and explain the different places where interviews may take place nowadays.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:57 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 48. Discuss the different things you can do to make your counseling office more welcoming and appropriate to serve a diverse population of clients.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 4:58 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 49. What are the pros and cons of online counseling, and what Internet-based services may improve its delivery?   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 5:01 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50. Define cultural intentionality and discuss how it may help you be a better counselor.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 5:02 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 51. Provide a summary of neuroscience information offered in this chapter and discuss how you would use it in counseling and therapy.​   |  |  | | --- | --- | | *ANSWER:* | Answers Vary​ | | *POINTS:* | 1 | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *DATE CREATED:* | 3/2/2015 5:03 AM | | *DATE MODIFIED:* | 3/4/2015 7:05 AM | |