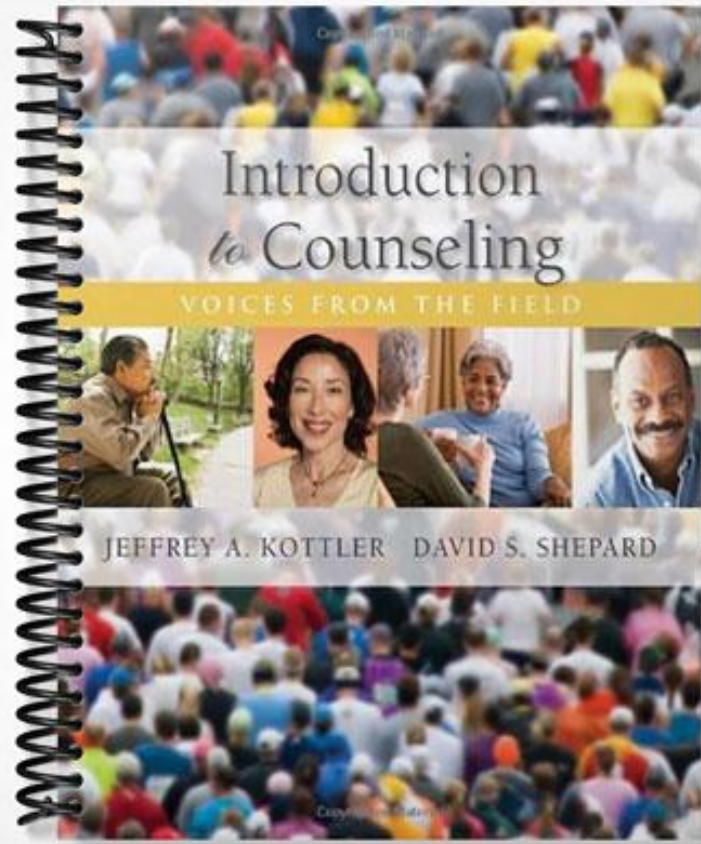


TEST BANK



Introduction
to Counseling

VOICES FROM THE FIELD

JEFFREY A. KOTTLER DAVID S. SHEPARD

Instructor's Manual for
Introduction to Counseling: Voices from the Field

7th Edition

Mary M. Read

Jeffrey A. Kottler

David S. Shepard

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Cengage Learning
20 Davis Drive
Belmont, CA 94002
USA
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Jones, W. P., & Kottler, J. A. (1996). Extended multiple-choice items: An alternative for assessment in the university classroom. *College Student Journal*

TAKE HOME OR ESSAY EXAM FORMAT

For those instructors who prefer an alternative to multiple choice exams, discussion questions are provided for each chapter that may be adapted for either short essay or take-home exams. In addition, reflective activities are presented in the text, which may also be used as either in-class exercises or take home exam activities.

Following are some examples of Take Home Exam questions that could be used as part of a Mid Term or Final:

- 1) Discuss the difficulties inherent in working with clients from cultural backgrounds different from your own.
- 2) What do you see as the main problems in the field of counseling? Suggest ways those problems could be resolved.
- 3) Select a problem or concern you are presently experiencing in your life. Acting as a counselor, attempt to work through the concern, applying everything you know how to do.
- 4) Which ethical conflict do you fear the most? How do you propose to prepare yourself better to deal with this problem?
- 5) Describe several things about the counseling field that you consider to be absurd.
- 6) Describe several points made in class or the text that you disagree with. Defend your positions.
- 7) Describe specifically and personally what you like best and least about a) the class structure, b) the instructor's methods, c) the text.
- 8) Which theory of counseling do you like best? Discuss how you could use this theory in your work and life. Present a case example of this theory in action.
- 9) What is the one question you were hoping I would not ask you? Answer it.
- 10) Write your question and answer it.

CHAPTER 1

What Counseling Is and How It Works

Discussion Questions

1. Why do you think that people choose the helping professions? Do you agree with the reasons presented in the text? Why do you think you decided to enter the counseling field?
2. Define counseling in your own words. From your perspective, how is it different from other forms of psychotherapy? Do you believe everyone can benefit from counseling? Why or why not?
3. Which attributes of the self do you think are most important to success in the counseling relationship?
4. Review the definition of counseling from the text and make a list of five statements you most strongly agree with and five with which you most strongly disagree. Share your list with fellow students and discuss the differences in each list.
5. In your judgement, what is the future of the counseling profession? What steps need to be taken to improve the profession in your state?
6. Imagine that you are counseling a child in the third grade who wants to know what you, and counselors in general, do. What would you say to provide a simple, yet comprehensive response that a third grader will understand?
7. Are there some values you believe it is important for all counselors to hold? What are some of the more significant components of your own value system that you anticipate will shape your work as a counselor?
8. Discuss the personal qualities that contribute to the development of a “therapeutic-self.” What do you consider to be your own strong suits and personal qualities that equip you to counsel effectively?

CHAPTER 2

Foundations of Counseling: Basics of History and Research

Discussion Questions

1. Distinguish between counseling, psychology, psychiatry, and social work. Discuss the role of counseling within the framework of these helping professions.
2. What are the differences and similarities between counseling and psychotherapy? Do you agree that a valid distinction can be made between them? Why or why not?
3. Why do you think counseling has been the last of the helping professions to achieve professional recognition? What historical factors have influenced this phenomenon?
4. Evaluate the contributions of Sigmund Freud and Carl Rogers to the field of counseling. List the contributions of each and discuss their impact.
5. Which counseling skills are defined as generic? Why have these skills been so designated?
6. What are the implications of the “scientist-practitioner” model for counselors? What benefits and/or drawbacks do you see associated with the application of this model in your own practice?
7. Identify and discuss the steps that the processes of research and counseling have in common. Give a brief example of how you might implement each of these steps in your own practice.
8. Compare and contrast the main features of both the qualitative and quantitative research paradigms. Show how both models of research are useful to the field of counseling.
9. Discuss the strengths and limitations of an “evidence-based” or “best-practices” approach to counseling.

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CHAPTER 1

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Multiple Choice Questions

1. Training to become a counselor will involve which of the following:
 - a. countertransference.
 - b. *reactions to personal work, and countertransference.***
 - c. denial.
 - d. none of the above.

2. In training to become a counselor, there are many benefits, including which of the following?
 - a. becoming skilled at developing productive, trusting relationships.
 - b. learning to love and live more intensely.
 - c. better comprehension of others' behaviors.
 - d. *all of the above.***
 - e. none of the above.

3. In which of the following ways does deciding to be a counselor have larger implications in your life?
 - a. having to face your personal fears.
 - b. changing all of your relationships.
 - c. developing new expectations.
 - d. *all of the above.***

4. As a counselor, helping the client to resolve problems:
 - a. adds to the counselor's wisdom and awareness.
 - b. forces the counselor to consider his/her own similar problems that may influence the counseling process.
 - c. encourages the counselor's sense of control.
 - d. *both a and b.***
 - e. both b and c.

5. Which of the following best defines counseling itself?
 - a. catharsis and interpersonal learning.
 - b. *a process designed to stimulate thinking to increase growth.***
 - c. creating healthy relationships.
 - d. none of the above.

6. One predictor as to why counseling works may be partly because of:
 - a. counselor genius.
 - b. counselor's IQ.
 - c. *client's motivation and attitude.***
 - e. client's perception of therapy.

7. Counseling effectiveness is greater if the counselor is:
- authentic.
 - compassionate.
 - genuine.
 - not deceived by a client's digression and guides him/her back to the basic issues.
 - all of the above.***
8. Your goal as a counselor should include:
- establishing a workable pattern for an interview.
 - the integration of special skills into your character and personality style.***
 - learning to defend against client outbursts.
 - learning to avoid malpractice suits.
9. One of the most potentially rewarding (though terrifying) experiences in counseling is:
- maintaining your "cool" if a client threatens assault.
 - managing confrontations between family members.
 - sharing your essential personal self with another.***
 - being interviewed "live" on the local television network news.
10. Counselor training is moving towards:
- standardized curricula through accreditation.
 - psychodynamic theory.
 - generic training models.
 - both a and c.***
11. Which of the following influence a counseling practitioner's style?
- theoretical orientation.
 - personality.
 - work setting.
 - none of the above.
 - all of the above.***
12. Effective counselors tend to:
- have cultural backgrounds similar to their clients.
 - demonstrate certain human qualities that make them attractive and influential.
 - utilize one preferred approach.
 - be well-versed in multicultural counseling techniques.
 - both b and d***
13. The counseling field is currently driven by a movement toward:
- evidence-based practices.

- b. basic research.
 - c. synthesis and integration.
 - d. both a and c**
14. Counseling may be viewed as an ambiguous activity because:
- a. the definition of counseling is vast.
 - b. clients often are unaware of their real problems.
 - c. clients are often confused and unfocused.
 - d. all of the above.**
15. In presenting a client with a definition of counseling, it would be important to:
- a. personalize the description to reflect the client's needs and counselor's style.**
 - b. cover every stage and component of the process.
 - c. make clear exactly what you will do, how and why you will employ it, and the results.
 - d. give several different versions and let the client pick the best one.
16. Counseling is most likely to be helpful when all of the following *except one* are true:
- a. the counselor is experienced.
 - b. the counselor follows a flexible plan.
 - c. the counselor persuades the client to follow the presented agenda.**
 - d. the counselor follows a generic process of stages.
17. Which of the following is most true?
- a. counselors learn not to have strong feelings towards clients and their decisions.
 - b. counselors tell their clients about best choices based on their own experiences.
 - c. counselors advise clients about what to do based on research studies.
 - d. counselors have strong opinions about client choices but try hard to keep them in check so that clients can come to their own decisions.**
18. The bottom line for success in a counseling program is:
- a. one's ability to succeed at academic tasks.
 - b. being able to use your power to influence other people's lives.
 - c. being able to translate text and classroom learning into action.**
 - d. to be able to satisfy nurturing needs of the self by rescuing others.
 - e. taking care of your client's "unfinished business".
19. Counselor training programs are among the most challenging experiences a student can undertake because they:
- a. demand that you translate learning into action.
 - b. call for honest self-evaluation of motives.
 - c. demand emotional, as well as academic commitment, and investment.
 - d. all of the above.**

20. For most counselors, motivation to enter the profession is driven by:
- a. selfish desires to meet one's own needs.
 - b. an altruistic spirit.
 - c. the financial prospects.
 - d. a toss up between engineering curriculum and counseling.
 - e. ***both a and b.***
21. Counseling inspires students to become a knowledgeable generalist by:
- a. reading across disciplines.
 - b. critically analyzing conceptions of 'truth'.
 - c. stretching the breadth of one's personal experiences.
 - d. ***all of the above.***
22. To permit the luxury of liking or disliking the client is an example of:
- a. immediacy.
 - b. therapeutic honesty.
 - c. ***yielding to internal distractions.***
 - d. none of the above.
23. Counselor effectiveness is reduced when counselors are:
- a. confrontive towards clients.
 - b. ***rigid in the pursuit of their personal agendas.***
 - c. both a and b.
 - d. neither a or b.

CHAPTER 2

Foundations of Counseling: Basics of History and Research

Multiple Choice Questions

1. Counseling has evolved from which of the following fields?
 - a. education.
 - b. philosophy.
 - c. medicine.
 - d. social sciences.
 - e. ***all of the above.***

2. Historically, counseling roles were filled by:
 - a. ***philosophers.***
 - b. mothers.
 - c. village elders.
 - d. oracles.
 - e. barbers.

3. Studying the historical foundations of counseling helps the student to:
 - a. learn the value of a thorough client history.
 - b. ***understand how counseling fits into the context of other helping professions.***
 - c. understand why counseling is the preferred approach to helping individuals.
 - d. develop a personal style and philosophy of counseling.

4. Which of the following best represents the term “counseling”?
 - a. counseling prevents rather than fixes problems.
 - b. counseling employs the use of a developmental model as opposed to a psychopathological model.
 - c. counseling focuses on issues of adjustment.
 - d. counseling generally focuses on short term rather than long term work.
 - e. ***all of the above.***

5. An important difference between psychiatrists and other allied mental health professionals is:
 - a. ***their ability to provide and monitor psychotropic medication.***
 - b. their ability to provide intensive psychotherapy.
 - c. their ability to provide assessment and testing.
 - d. their training in social ecology.

6. Which concept was pioneered by Freud as the process through which healing occurred?
 - a. the primal scream.
 - b. homeostasis.
 - c. ***the talking cure.***
 - d. all of the above.

7. Which influential early publication by Clifford Beers criticized the inhumane treatment of the mentally ill and led to the establishment of the National Association for Mental Health?
 - a. ***A Mind That Found Itself.***
 - b. The Interpretation of Dreams.
 - c. Choosing a Vocation.
 - d. Introduction to Therapeutic Counseling, 1st edition.

8. Robert Carkhuff and his collaborators are generally credited with identifying:
 - a. the core personality traits essential for professional development as a counselor.
 - b. the core counseling techniques most useful to beginning counselors.
 - c. ***the generic counseling skills essential for effective therapeutic functioning.***
 - d. all of the above.

9. Frank Parsons' name is synonymous with:
 - a. the first experimental laboratory of the study of behavior.
 - b. introducing behavioral laws to explain human behavior.
 - c. philosophy of behaviors.
 - d. ***vocational guidance.***

10. Sigmund Freud was responsible for the following *except*:
 - a. he developed anesthesia for eye surgery.
 - b. he emphasized the unconscious motives behind behavior.
 - c. ***he invented sex therapy.***
 - d. he studied the structure of society.

11. An important tenet we have inherited from the ancient philosophers is:
 - a. ***any philosophy is worthless unless it is personalized and made relevant to everyday life.***
 - b. there is a right answer to most questions clients ask.
 - c. the counselor's interpretation of the client's experience facilitates the learning process.
 - d. theories are predictable in that they provide the therapist with certain outcomes if they are used correctly.

12. Distinctions between counselors and other allied mental health professionals have become:
 - a. more rigid as clients have presented more complex issues.

- b.** *less clear as counselors have begun to work with more diverse populations.*
 - c. obvious to professionals due to the differences in technique and ethics.
 - d. none of the above.

- 13. Counselors focus on:
 - a. developing a solid relationship with the client.
 - b. identifying and understanding the client's core issues from a developmental perspective.
 - c. employing interventions suited to the client and clinical situation.
 - d.** *all of the above.*

- 14. Contemporary approaches to therapeutic counseling emphasize:
 - a. the necessity of clear allegiance to a specific therapeutic modality.
 - b.** *the multidisciplinary and integrative counseling skills.*
 - c. recognition that counseling is a natural process best applied by paraprofessionals.
 - d. all of the above.
 - e. none of the above.

- 15. Cost controls associated with managed care have encouraged an increasing emphasis among counselors on:
 - a. greater use of psychotropic medications.
 - b.** *increased integration of brief therapy methods.*
 - c. the utilization of diagnostic assessment instruments.
 - d. none of the above.

- 16. Research helps counselors in which of the following ways?
 - a. to know which techniques and skills will most likely produce which results.
 - b. to change the counselor's basic values.
 - c. to train counselors to think analytically, intentionally, and systematically about problems.
 - d.** *both a and c.*
 - e. all of the above.

17. Quantitative research in counseling:
- a. assures that most clients will respond to clinical interventions in similar ways.
 - b. *measures the experiences of clients in ways that can be shared with others.***
 - c. prevents counselors from exercising creativity in their counseling sessions.
 - d. is dictated by managed-care companies to justify reimbursement for sessions.
18. Qualitative research is used in counseling to:
- a. explore the rich complexity of human experience.
 - b. find underlying themes from clients' accounts of lived experience.
 - c. predict how clients will react to stressors.
 - d. *both a and b.***
 - e. all of the above.
19. Which aspects of research are important for students of therapeutic counseling?
- a. to practice and understand the terminology and language of the research field.
 - b. to understand the knowledge and implications of classic studies.
 - c. the ability to critically analyze various methods and statistics, and draw conclusions.
 - d. having a means to conduct systematic studies.
 - e. *all of the above.***