

***Essentials of Intentional Counseling and
Psychotherapy in a Multicultural World 4th edition
Ivey Test Bank***

SKU: 9780357764633-TEST-BANK

Chapter 01

1. Kathryn was working with a client who presented with severe mental health challenges and chronic psychosocial stressors. Establishing an empathic relationship and listening carefully to the client's 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 Counselor or Psychotherapist, Your Goals, Your Competencies

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/18/2023 2:56 AM

DATE MODIFIED: 5/18/2023 2:58 AM

2. Which of the following is primarily focused on typical developmental issues and concerns?

- a. Interviewing.
- b. Counseling.
- c. Psychotherapy.
- d. Both counseling and psychotherapy.

ANSWER: b

POINTS: 1

REFERENCES: Interviewing, Counseling, Psychotherapy, and Related Fields

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/18/2023 3:01 AM

DATE MODIFIED: 5/18/2023 3:02 AM

3. Which of the following is the most useful for obtaining information about a client?

- a. Interviewing.
- b. Counseling.
- c. Psychotherapy.
- d. Both interviewing and counseling.

ANSWER: a

POINTS: 1

REFERENCES: Interviewing, Counseling, Psychotherapy, and Related Fields

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 12:49 AM

DATE MODIFIED: 5/19/2023 1:00 AM

4. Which of the following is most often used to address a client's deeper issues and problems?

- a. Interviewing.
- b. Counseling.
- c. Psychotherapy.

d. Both interviewing and psychotherapy.

ANSWER: c

POINTS: 1

REFERENCES: Interviewing, Counseling, Psychotherapy, and Related Fields

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:00 AM

DATE MODIFIED: 5/19/2023 1:01 AM

5. Which of the following statements is CORRECT?

- a. The terms counseling and psychotherapy are, for all intents and purposes, interchangeable.
- b. Counselors and psychotherapists typically use interviewing skills when working with clients.
- c. You can become a successful counselor or therapist with no solid interviewing skills.
- d. Someone who is good at interviewing has all the knowledge and skills they need to be a psychotherapist.

ANSWER: b

POINTS: 1

REFERENCES: Interviewing, Counseling, Psychotherapy, and Related Fields

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:01 AM

DATE MODIFIED: 5/19/2023 1:04 AM

6. Which of the following is true of interviewing skills?

- a. Most people develop them naturally.
- b. If you do not have them, they cannot be easily learned.
- c. They are only needed in the helping professions.
- d. They are useful in many settings and professions.

ANSWER: d

POINTS: 1

REFERENCES: Interviewing, Counseling, Psychotherapy, and Related Fields

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:04 AM

DATE MODIFIED: 5/19/2023 1:05 AM

7. Microskills are :

- a. Communication skill units that help you interact more effectively with a client.
- b. Short responses you provide after each client statement.
- c. Effective ways to use small talk.
- d. Small skills of little importance.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:05 AM

DATE MODIFIED: 5/19/2023 1:06 AM

8. According to the text, which of the following is most important in developing competence in the microskills?
- a. Understanding the concepts.
 - b. 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: 5/19/2023 1:06 AM

DATE MODIFIED: 5/19/2023 1:07 AM

9. Interviewing, counseling, and psychotherapy all
- a. Are atheoretical.
 - b. Are essentially the same.
 - c. Are simply commonsense.
 - d. Use microskills.

ANSWER: d

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:07 AM

DATE MODIFIED: 5/19/2023 1:08 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 positive strengths within the client story.
 - 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: 5/19/2023 1:08 AM

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11. The triangle-shaped microskills hierarchy
- a. Demonstrates 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: 5/19/2023 1:11 AM

DATE MODIFIED: 5/19/2023 1:11 AM

12. Which of the following is included in the foundation of the microskills hierarchy?

- a. Multicultural competence.
- b. Attending behaviors.
- c. Influencing behavior.
- d. Transcendence of self.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:12 AM

DATE MODIFIED: 5/19/2023 1:12 AM

13. With respect to the relationship between microskills and counseling theory,

- a. We can predict positive 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: 5/19/2023 1:13 AM

DATE MODIFIED: 5/19/2023 1:13 AM

14. In interviewing, 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 clients of some, but not all, races.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:14 AM

DATE MODIFIED: 5/19/2023 1:15 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: 5/19/2023 1:15 AM

DATE MODIFIED: 5/19/2023 1:16 AM

16. Which of the following is believed to be responsible for 30% or more of the change observed in effective counseling?

- a. An empathic relationship.
- b. Therapist self-transcendence.
- c. The counseling environment.
- d. Theoretical orientation.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:18 AM

DATE MODIFIED: 5/19/2023 1:20 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 from the practice session to the real world, regardless of mastery level.
- c. Transfer of the learning only 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: 5/19/2023 1:20 AM

DATE MODIFIED: 5/19/2023 1:21 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. In general, most people already have the skills but need some polishing.

- c. There are no significant differences in microskill effects across cultures.
- d. All counseling theories use the same skills in the same ways.

ANSWER: d

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:21 AM

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19. Which of the following is true about research into microskills?

- a. There is little evidence that microskills can be taught effectively.
- b. Practice has little importance 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: d

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:22 AM

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20. Culturally intentional interviewing emphasizes that the counselor

- a. Finds the single best response for each client statement.
- b. Knows one theory exceptionally well.
- c. Has many alternative responses available to any client statement.
- d. Explains to the client why they made a particular choice.

ANSWER: c

POINTS: 1

REFERENCES: Cultural Intentionality

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:25 AM

DATE MODIFIED: 5/19/2023 1:26 AM

21. Which of the following is accurate regarding cultural intentionality?

- a. Clients exist in multicultural situations and contexts.
- b. Interviewing and counseling are largely culture-free activities.
- c. Having cultural humility is not especially important in counseling.
- d. Culturally intentional counselors can easily solve clients' problems.

ANSWER: d

POINTS: 1

REFERENCES: Cultural Intentionality

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False
DATE CREATED: 5/19/2023 1:27 AM
DATE MODIFIED: 5/19/2023 1:28 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: 5/19/2023 1:29 AM
DATE MODIFIED: 5/19/2023 1:30 AM

23. Which of the following is true?

- a. Eye contact and body language patterns differ among cultural groups.
- b. Religion, class, and gender are not 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 effective and appropriate.

ANSWER: a
POINTS: 1
REFERENCES: Cultural Intentionality
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
DATE CREATED: 5/19/2023 1:33 AM
DATE MODIFIED: 5/19/2023 1:34 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 following experiences of 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: 5/19/2023 1:34 AM
DATE MODIFIED: 5/19/2023 1:36 AM

25. A major goal of interviewing and counseling is to

- a. Promote the client's resilience.

- b. Control the client's behavior.
- c. Change the counselor's individual characteristics.
- d. Predict the client's future.

ANSWER: a

POINTS: 1

REFERENCES: Resilience and Self-Actualization

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:36 AM

DATE MODIFIED: 5/19/2023 1:37 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 based on evolutionary pressures.
- c. Humans cannot regulate basic emotions because these are rooted in deep brain structures.
- d. Effective cognitive decisions are independent of emotional regulation and self-control.

ANSWER: a

POINTS: 1

REFERENCES: Resilience and Self-Actualization

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 1:38 AM

DATE MODIFIED: 5/19/2023 1:39 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: 5/19/2023 1:40 AM

DATE MODIFIED: 5/19/2023 1:41 AM

28. Counseling and psychotherapy sessions are for the individual client, but we should not forget that

- a. Without client success, counselors do not get paid for their services.
- b. Counselors are the real cause of their clients' success.
- c. Clients exist in a dynamic multidimensional, multicultural, and social context.
- d. Counselors should work as much or more than the client does to reach their goal.

ANSWER: c

POINTS: 1

REFERENCES: Resilience and Self-Actualization

QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
DATE CREATED: 5/19/2023 1:41 AM
DATE MODIFIED: 5/19/2023 1:43 AM

29. According to neuroscience research,
- 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: 5/19/2023 1:43 AM
DATE MODIFIED: 5/19/2023 1:50 AM

30. Neurogenesis refers to the capacity to
- a. Give birth to an offspring.
 - b. Create new neurons.
 - c. Regulate one’s nervousness.
 - d. Become neurotic.

ANSWER: b
POINTS: 1
REFERENCES: Neuroscience: Counseling Changes the Brain
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
DATE CREATED: 5/19/2023 1:51 AM
DATE MODIFIED: 5/19/2023 1:52 AM

31. Neuroplasticity refers to
- a. The malleability of thoughts.
 - b. The brain’s ability to change and grow.
 - c. The development of pathological brain differences.
 - d. Changes in cognitive functioning in middle and old age.

ANSWER: b
POINTS: 1
REFERENCES: Neuroscience: Counseling Changes the Brain
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
DATE CREATED: 5/19/2023 1:52 AM
DATE MODIFIED: 5/19/2023 2:07 AM

32. According to the text, advances in neuroscience may give counselors the possibility of becoming
- a. Neuropathic.

- 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: 5/19/2023 2:08 AM

DATE MODIFIED: 5/19/2023 2:09 AM

33. In a counseling context, the word “problem” implies

- a. An exclusively medical approach.
- b. That some situations are hopeless.
- c. The inevitability of failure.
- d. The need for a solution.

ANSWER: d

POINTS: 1

REFERENCES: Neuroscience: Counseling Changes the Brain

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:09 AM

DATE MODIFIED: 5/19/2023 2:12 AM

34. Today, interviewing, counseling, and psychotherapy usually take place in _____.

- a. University settings.
- b. Large office complexes.
- c. Individual’s homes.
- d. A variety of locations and settings.

ANSWER: d

POINTS: 1

REFERENCES: Office, Community, Smartphone, and Internet: Where Do We Meet Clients?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:17 AM

DATE MODIFIED: 5/19/2023 2:18 AM

35. Which of the following statements about online counseling is true?

- a. The Internet allows you to speak with counselors 24/7.
- b. There are no ethical guidelines for conducting online counseling.
- c. Internet-based counseling is always free or offered at a very low cost.
- d. There are no significant confidentiality issues related to online counseling.

ANSWER: b

POINTS: 1

REFERENCES: Office, Community, Smartphone, and Internet: Where Do We Meet Clients?

QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
DATE CREATED: 5/19/2023 2:18 AM
DATE MODIFIED: 5/19/2023 2:19 AM

36. Which definition of “natural style” is closest to that of the text?

- a. The way you are as a person.
- b. Your ability to 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: 5/19/2023 2:19 AM

DATE MODIFIED: 5/19/2023 2:20 AM

37. The authors argue that “natural style” is a basic building block of intentional counseling. Which of the following is part of their view of natural style?

- a. It is best to identify your natural style and always hold to it.
- b. We all have natural strengths in communication.
- c. It is best to focus on your personal deficits and build empathy with the client.
- d. Instruction, practice, and learning new skills typically diminish 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: 5/19/2023 2:20 AM

DATE MODIFIED: 5/19/2023 2:21 AM

38. Which of the following microskills is most frequently used in decisional counseling?

- a. Psychoeducation.
- b. Confrontation.
- c. Self-disclosure.
- d. Closed questions.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:23 AM

DATE MODIFIED: 5/19/2023 2:24 AM

39. Which of the following microskills is most frequently used in person-centered therapy?

- a. Interpretation.
- b. Reflection of meaning.
- c. Logical consequences.
- d. Closed questions.

ANSWER: b

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:28 AM

DATE MODIFIED: 5/19/2023 2:30 AM

40. Which of the following microskills is most frequently used in cognitive behavioral therapy?

- a. Interpretation.
- b. Reflection of meaning.
- c. Directives.
- d. Open questions.

ANSWER: c

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:30 AM

DATE MODIFIED: 5/19/2023 2:31 AM

41. Which of the following microskills is most frequently used in psychodynamic therapy?

- a. Interpretation.
- b. Self-disclosure.
- c. Logical consequences.
- d. Closed questions.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 2:35 AM

DATE MODIFIED: 5/19/2023 3:13 AM

42. Which of the following microskills is most frequently used in Gestalt therapy?

- a. Paraphrasing.
- b. Reflection of feeling.
- c. Logical consequences.
- d. Open questions.

ANSWER: d

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:13 AM

DATE MODIFIED: 5/19/2023 3:15 AM

43. Which of the following theoretical approaches to counseling is most likely to address greater societal issues?

- a. Person-centered.
- b. Feminist.
- c. Psychodynamic.
- d. Logotherapy.

ANSWER: b

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:15 AM

DATE MODIFIED: 5/19/2023 3:16 AM

44. Which of the following theoretical approaches to counseling is most likely to emphasize mutuality?

- a. Coaching.
- b. Crisis counseling.
- c. Psychodynamic.
- d. Logotherapy.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:16 AM

DATE MODIFIED: 5/19/2023 3:17 AM

45. Confrontation is a particularly important skill in which of the following approaches to therapy?

- a. Person-centered.
- b. Motivational interviewing.
- c. Psychodynamic.
- d. Decisional counseling.

ANSWER: b

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:17 AM

DATE MODIFIED: 5/19/2023 3:18 AM

46. Reframing is a particularly important skill in which of the following approaches to therapy?

- a. Person-centered.
- b. Cognitive behavioral.
- c. Coaching.
- d. Gestalt.

ANSWER: d

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:18 AM

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47. Both reflection of feeling and reflection of meaning are particularly important skills in which of the following approaches to therapy?

- a. Person-centered.
- b. Gestalt.
- c. Cognitive behavioral.
- d. Crisis counseling.

ANSWER: a

POINTS: 1

REFERENCES: The Microskills Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:19 AM

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Match each term to its definition

- a. Interviewing
- b. Counseling
- c. Psychotherapy

QUESTION TYPE: Matching

HAS VARIABLES: False

DATE CREATED: 5/19/2023 3:21 AM

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48. The basic process used for gathering data, providing information, and helping clients resolve issues.

ANSWER: a

POINTS: 1

49. A more intensive and personal process that is more about listening to and understanding a client's life challenges and, with the client, developing strategies for change and growth.

ANSWER: b

POINTS: 1

50. Focuses on more deep-seated personality or behavioral difficulties.

ANSWER: c

POINTS: 1

51. "I'm not sure what to focus on career-wise. The job market is tight. I really want to be a history teacher. I like kids. But then, I am getting married when I graduate and want to start a family. 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.

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:27 AM

DATE MODIFIED: 5/19/2023 3:29 AM

52. Suppose you are meeting with a client who is dealing with high levels of stress in the workplace. How might the client's race and/or ethnicity influence what issues they would bring up and what issues you might bring up? How important would contextual issues be and how would you deal with them?

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:33 AM

DATE MODIFIED: 5/19/2023 3:33 AM

53. Suppose you are meeting with a couple that is experiencing relationship problems related to the roles each individual assumes the other should fulfill in the relationship. Suppose further that this couple is from a culture far different from your own. If you were to act with cultural intentionality, how would you respond to them?

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:34 AM

DATE MODIFIED: 5/19/2023 3:35 AM

54. Compare and contrast interviewing, counseling, and psychotherapy.

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:35 AM

DATE MODIFIED: 5/19/2023 3:36 AM

55. Define and discuss the similarities and differences between counseling and psychotherapy. What sorts of issues would you expect counseling clients to present with? What about psychotherapy clients?

ANSWER: Answers Vary

POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:36 AM
DATE MODIFIED: 5/19/2023 3:36 AM

56. What is the microskills hierarchy? What is the most basic (lowest) level and how are the concepts foundational to counseling? What is at the highest level of the hierarchy and why are those concepts important?

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:37 AM
DATE MODIFIED: 5/19/2023 3:37 AM

57. Name and briefly explain the five stages of the counseling session.

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/23/2023 7:41 AM
DATE MODIFIED: 5/23/2023 7:42 AM

58. Discuss how Rogers and Maslow addressed self-actualization and explain why self-actualization is important in counseling.

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:38 AM
DATE MODIFIED: 5/19/2023 3:39 AM

59. Why is it so important to your development as a counselor for you to become aware of your natural style?

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:39 AM
DATE MODIFIED: 5/19/2023 3:40 AM

60. Suppose you were designing an office for a group of counselors. How would you design it and why would you make those choices? What would your considerations (other than budget) be?

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:40 AM
DATE MODIFIED: 5/19/2023 3:40 AM

61. How did the COVID pandemic alter the ways in which counseling is provided? Discuss at least two pros and two cons of the changes.

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:40 AM
DATE MODIFIED: 5/19/2023 3:41 AM

62. What is cultural intentionality and why is it important in counseling?

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:41 AM
DATE MODIFIED: 5/19/2023 3:41 AM

63. How is neuroscience related to counseling? How does counseling affect the brain?

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:42 AM
DATE MODIFIED: 5/19/2023 3:42 AM

64. Identify and briefly discuss the four levels of competence in counseling skills and apply them to your own current development.

ANSWER: Answers Vary
POINTS: 1
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
DATE CREATED: 5/19/2023 3:44 AM
DATE MODIFIED: 5/19/2023 3:44 AM

65. The text describes how different approaches to the interview emphasize different counseling skillsets. Select the approach that most appeals to you and describe the skills that the text identifies as particularly important to that approach.

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:44 AM

DATE MODIFIED: 5/19/2023 3:45 AM

66. Why does the text describe listening as the core of the helping relationship? How will you know if you are really listening to your clients?

ANSWER: Answers Vary

POINTS: 1

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

DATE CREATED: 5/19/2023 3:45 AM

DATE MODIFIED: 5/19/2023 3:45 AM