Pedersen et al, Counseling Across Cultures, Seventh Edition, Instructor Resource

Chapter 1. Toward Effectiveness Through Empathy

1. Which branch of psychology first claimed "fourth force" status based on the spiritual revolution in modern society?
a. Developmental
b. Comparative
*c. Transpersonal
d. Industrial
Cognitive domain: Knowledge
Answer location: Multiculturalism as a Fourth Force
Question type: MC

2. In Western cultures, psychologists typically focus exclusively on
a. Society context
*b. The individual
c. Significant others
d. Friends
Cognitive domain: Knowledge
Answer location: Toward Effectiveness Through Empathy
Question type: MC

3. A culture-centered approach to counseling recognizes culture as
a. Marginal
b. Accidental
c. Exotic
*d. Central
Cognitive domain: Knowledge
Answer location: Multiculturalism as a Fourth Force
Question type: MC

4. According to D.W. Sue & Sue (2003), counseling and therapy have a history of protecting the status quo against change through
*a. Scientific racism
b. Prejudice
c. Overt discrimination
d. None of the above
Cognitive domain: Knowledge
Answer location: Cultural Foundations
Question type: MC

5. Inclusive cultural empathy is based on
*a. Relationship-centered perspective
b. Individualistic perspective
c. Therapist perspective
d. Independent perspective
Cognitive domain: Comprehension

Answer location: Toward Effectiveness Through Empathy
Question type: MC

6. All of the following have led to increased diversity across the globe EXCEPT
a. Globalization
b. Migration
*c. Nationalization
d. Demographic changes
Cognitive domain: Analysis
Answer location: Toward Effectiveness Through Empathy
Question type: MC

7. Howard (2000) identified nine "killer thoughts" based on Western psychological values and assumptions. Which of the following is NOT one of the identified "killer thoughts"?
a. Consumption produces happiness
*b. The "we" is more important than the "I"
c. Short-term rewards and punishments are more important than long-term goals
d. Growth is good
Cognitive domain: Application
Answer location: Alternative Indigenous Psychologies
Question type: MC

8. The rules of "exclusion" have depended on
a. "Both/and" thinking
b. "Both/or" thinking
*c. "Either/or" thinking
d. "Either/and" thinking
Cognitive domain: Knowledge
Answer location: Inclusive Cultural Empathy
Question type: MC

9. We can best manage the complexity of inclusive cultural empathy in a comprehensive and inclusive framework. This comprehensive and inclusive framework has been referred to as
a. Multi-nationalism
b. Diversity
c. Internationalism
*d. multiculturalism
Cognitive domain: Comprehension
Answer location: Inclusive Cultural Empathy
Question type: MC

10. The ultimate outcome of multicultural awareness, as Segall, Dasen, Berry, and Poortinga (1990) suggested is
*a. A contextual understanding

b. Conventional empathy
c. Transpersonal awareness
d. A cultural melting pot
Cognitive domain: Knowledge
Answer location: Inclusive Cultural Empathy
Question type: MC

11. This perspective holds that subjectivity as well as objectivity are psychologically valid approaches to data:
a. Western perspective
*b. Non-Western perspective
c. Conventional perspective
d. Exclusive perspective
Cognitive domain: Comprehension
Answer location: Comprehending Multicultural Knowledge
Question type: MC

12. _____ recognizes four main causes of illness: offending the spirits or breaking taboos, intrusion of a spirit into the body, soul loss, and witchcraft
a. Zen Buddhism
b. Shamanism
c. Sufism
*d. Native American healing
Cognitive domain: Application
Answer location: Comprehending Multicultural Knowledge
Question type: MC

13. Which tool provides a conceptual road map for inclusive cultural empathy to interpret another person's behavior accurately?
*a. Interpersonal cultural grid
b. Interpersonal genogram
c. Intrapersonal model
d. The triad training model
Cognitive domain: Knowledge
Answer location: Inclusive Cultural Empathy Skills
Question type: MC

14. _____ are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of color.
a. Ethnocentric aggressions
b. Cultural microaggressions
*c. Racial microaggressions
d. Multicultural contacts
Cognitive domain: Knowledge
Answer location: Cultural Foundations

Question type: MC

15. Inclusive cultural empathy describes a dynamic perspective that balances both _____
and _____ at the same time.
*a. Similarities; differences
b. Positives; negatives
c. Culture; race
d. Individualism; collectivism
Cognitive domain: Application
Answer location: Inclusive Cultural Empathy
Question type: MC

16. _____ is based on the absence of a separate self, the impermanence of all things,
and the fact of sorrow.
a. African healing
b. Buddhist therapy
c. Shamanism
*d. Sufism
Cognitive domain: Comprehension
Answer location: Comprehending Multicultural Knowledge
Question type: MC

17. The goal in _____ is to enable people to live simple, harmonious, and happy lives.
a. African healing
*b. Buddhist therapy
c. Shamanism
d. Morita
Cognitive domain: Comprehension
Answer location: Comprehending Multicultural Knowledge
Question type: MC

18. A measure of empathetic competence is the ability to _____ what the client is thinking
as well as talking about.
a. Guess
*b. Hear
c. Assume
d. Imagine
Cognitive domain: Application
Answer location: The Triad Training Model for Interpreting Self-Talk
Question type: MC

19. Moodley and West (2005) attributed recent explorations of traditional ways of healing to
a. The desire for social justice
b. Political pressure
c. Wave of immigration

*d. Failures in the ways that we are practicing multicultural counseling and psychotherapy.
Cognitive domain: Comprehension
Answer location: Conclusion
Question type: MC

20. There is evidence that the more modernized a society, the more its problems and solutions resemble those of
*a. Westernized society
b. Communal society
c. Collective society
d. Non-Western society
Cognitive domain: Analysis
Answer location: Comprehending Multicultural Knowledge
Question type: MC

21. From the quantum perspective, empathy is both a pattern and a process at the same time.
*a. True
b. False
Cognitive domain: Comprehension
Answer location: Inclusive Cultural Empathy
Question type: TF

22. Cultural bias is NOT present in counseling psychology.
a. True
*b. False
Cognitive domain: Comprehension
Answer location: Inclusive Cultural Empathy Skills
Question type: TF

23. All behaviors are learned and displayed in a cultural context.
*a. True
b. False
Cognitive domain: Comprehension
Answer location: Multiculturalism as a Fourth Force
Question type: TF

24. The Western psychological study of cultures assumed that there was a fixed state of mind, obscured by cultural distortions.
*a. True
b. False
Cognitive domain: Comprehension
Answer location: Inclusive Cultural Empathy Skills
Question type: TF

25. Spiritual completeness requires that we find the most accurate understanding of ultimate reality and faithfully adhere to it in clinical practice. One path up the mountain is best.

a. True
*b. False
Cognitive domain: Comprehension
Answer location: Multiculturalism as a Fourth Force
Question type: TF

26. The ultimate goal of a culture-centered approach to counseling is to replace the conventional roles of counseling.
a. True
*b. False
Cognitive domain: Comprehension
Answer location: Multiculturalism as a Fourth Force
Question type: TF

27. Research on yoga has failed to demonstrate its benefits.
a. True
*b. False
Cognitive domain: Comprehension
Answer location: Comprehending Multicultural Knowledge
Question type: TF

28. Inclusive cultural empathy recognizes that the same behaviors may have different meanings and that different behaviors may have the same meaning.
*a. True
b. False
Cognitive domain: Comprehension
Answer location: Inclusive Cultural Empathy Skills
Question type: TF

29. The underlying principle of multicultural awareness is to emphasize the culture-specific characteristics only.
a. True
*b. False
Cognitive domain: Comprehension
Answer location: Increasing Multicultural Awareness
Question type: TF

30. Multiculturalism influences psychotherapy to the same degree that humanism, psychodynamics, and behaviorism influenced psychotherapy in the past.
*a. True
b. False
Cognitive domain: Comprehension
Answer location: Multiculturalism as a Fourth Force
Question type: TF

31. Contrast the concepts of individualism and collectivism.

a. In Western cultures, psychologists typically focus exclusively on the individual (individualism), whereas in traditional non-Western cultures, the focus is on the individual and significant others in the societal context (collectivism)
Cognitive domain: Analysis
Answer location: Toward Effectiveness Through Empathy
Question type: SA

32. Discuss three assumptions that distinguish non-Western therapies.
a. (1) Self, the substance of individuality, and the reality of belonging to an absolute cosmic self are intimately related. (2) Collectivism more than individualism describes the majority of the world's cultures. (3) Interdependence or even dependency relationships in Hindu and Chinese cultures are valued as healthy. (3) Subjectivity as well as objectivity are perceived as psychologically valid approaches to data.
Cognitive domain: Analysis
Answer location: Comprehending Multicultural Knowledge
Question type: SA

33. Compare and contrast the psychological and the anthropological perspectives of studying culture.
a. The psychological perspective assumed that there is a single universal definition of normal behavior. The contrasting anthropological perspective assumed that different groups or individuals had somewhat different definitions of normal behavior resulting from their unique cultural contexts.
Cognitive domain: Analysis
Answer location: Inclusive Cultural Empathy Skills
Question type: SA