

Chapter 1.

1. The helping relationship focuses on
 - a. Both the clients' and the helpers' goals
 - b. The helpers' goals
 - c. **The clients' goals**
 - d. What the helper deems a good goal
2. A strategy for defining the boundaries of the helping relationship is
 - a. **To develop a written contract**
 - b. To only take referrals from colleagues you know well
 - c. To let the client decide what is best
 - d. To ask the client what worked well in the past
3. The helping process
 - a. Stops changing when a goal is determined
 - b. **Is dynamic, and continues to change**
 - c. Can continue indefinitely after goals are reached
 - d. Can look the same for many clients
4. The helper's goal is to
 - a. Solve the problem
 - b. Get the client to like him/her
 - c. Guide the client to what the helper deems best
 - d. **Guide the client towards the client's goal**
5. The client's responsibility includes
 - a. Whether or not to engage in the helping relationship
 - b. Whether or not to participate in the helping relationship
 - c. Whether or not to follow through with recommendations from the helper
 - d. **All of the above**
6. If the client does not follow through with recommendations from the helper
 - a. The helping relationship should be terminated immediately
 - b. The helper should express disappointment
 - c. **The helper should re-address the goal and help the client understand how change can be made**
 - d. The helper should walk out of the counseling session
7. The primary responsibility of counselors is to
 - a. Make sure they get paid for their services
 - b. **Respect the dignity and promote the welfare of their clients**
 - c. Let their clients do whatever they wish
 - d. Let their clients know the best path to follow
8. Maintaining a professional relationship
 - a. **Is the job of the helper**
 - b. Is the job of the client
 - c. Is the job of the helper and the client
 - d. May need an outside party, such as a mediator

9. Emotional objectivity of the helper
 - a. Is good, but not essential
 - b. Should be maintained except when the helper truly understands what the client is going through
 - c. **Must be maintained throughout the helping relationship**
 - d. Is not totally possible, and the helper must recognize this
10. In regards to the helper's biases,
 - a. **They should be aware of their biases, and the impact they may have on the client**
 - b. They should not have biases if they are counselors
 - c. They should share their biases with the client
 - d. They should pretend they do not have biases
11. When it comes to limitations of helpers,
 - a. Helpers are trained so that they have no limitations
 - b. **Helpers should not exceed their limitations in the delivery of services**
 - c. Helpers should challenge themselves and work with clients even if they have limitations
 - d. Helpers should never reveal limitations to clients
12. An ethical reason a helper may consider referring a client to another helper may be
 - a. The helper is battling compassion fatigue
 - b. The helper is experiencing burnout
 - c. The helper is experiencing personal trauma
 - d. **All of the above**