

Section III: Multiple Choice and Essay Questions

Chapter 1 - Multiple Choice Examination Questions:

1. Becoming a reflective practitioner means
 - A. mirroring, or showing clients hidden aspects of themselves.
 - B. using personal awareness to maximize growth as a helper.
 - C. becoming licensed in reflective techniques and procedures.
 - D. both A and B.

2. A student who is in her practicum/internship is at what stage of development?
 - A. Initiate
 - B. Journeyman
 - C. Novice
 - D. Apprentice

3. The following are ways counselors can be proactive in reflecting in their practice EXCEPT:
 - A. Become a client
 - B. Read professional articles
 - C. Supervision
 - D. Join a support group of other learners

4. To a client that says "I'm not angry," pointing out his or her clenched fists and increased volume is
 - A. not a good idea.
 - B. an advanced reflecting skill.
 - C. a challenging skill.
 - D. a solution skill .

5. Which of the following was not suggested as an ethical guideline?
 - A. Confidentiality
 - B. Avoiding value judgments.
 - C. Remaining focused on goals.
 - D. Using only techniques in which you have received sufficient education and experience.

6. Which of the following does the author of the text consider key characteristics of effective helpers?
 - A. Stable and mentally healthy
 - B. Intelligent
 - C. Creative
 - D. All of the above

7. Paraphrasing is included in what category of the building block skills mentioned in the text?

- A. Advanced reflecting skills
- B. Opening Skills
- C. Reflecting skills
- D. Paraphrasing skills

8. The stages of relationship building include the following EXCEPT:

- A. History Taking
- B. Goal Setting
- C. Relationship Building
- D. Intervention and Action

Chapter 1 - Essay Examination Questions:

1. List and describe three personal reactions to clients that could interfere with the therapeutic relationship.
2. Describe what it means to be a "reflective practitioner."
3. What are the differences between counseling, psychotherapy, and coaching?.
4. Discuss ways counselors can become more proactive in reflecting in their practice.
5. What are the five therapeutic building blocks described in the book by the author?

Chapter 2 - Multiple Choice Examination Questions:

1. Unique characteristics of a therapeutic relationship (compared to a friendship) include all of the following **EXCEPT**
 - A. a contract specifying roles, confidentiality.
 - B. that it can be ended by either at any time.
 - C. that both parties agree on a similar worldview.
 - D. that the goal of the relationship is to help the client.
2. The hoped for outcome of relationship enhancing skills is
 - A. to give the client courage to change.
 - B. a change in affect for the client.
 - C. the collection of fees.
 - D. the termination of the relationship.
3. Grasping the feelings, facts and meaning of another person's disclosure, and then showing them understanding is
 - A. warmth.
 - B. empathy.
 - C. credibility.
 - D. schmoozing.
4. Empathy is not:
 - A. Taking on your client's problems
 - B. Sympathy.
 - C. Tuning into your client.
 - D. all of the above.
 - E. A and B.
5. One primary purpose of self-disclosure is to
 - A. help the client feel more important.
 - B. augment the social schmoozing process.
 - C. allow the helper to model ventilation of feelings.
 - D. normalize the client's experience.
6. A microaggression is:
 - A. Beneficial to the therapeutic relationships
 - B. A verbal or behavioral slight that minority members experience
 - C. May be unconscious
 - D. B and C
7. Roadblocks to good helper communication such as directing, criticizing, consoling, or premature analyzing communicate to the client that
 - A. even helpers make mistakes sometimes.
 - B. he or she should listen more closely to the helper.
 - C. he or she needs to become more involved in the helping process.
 - D. the client is not capable of solving his or her own problems.

8. In order to manage transference, a helper may
- A. help the client focus on more self-awareness.
 - B. disclose his or her own personal feelings about the client.
 - C. explore carefully the source of these feelings.
 - D. both A and C.

Chapter 2 – Essay Examination Questions:

1. Describe the three unique characteristics of a therapeutic relationship.
2. Name common mistakes in helper self-disclosure.
3. When should transference be dealt with?

