

Chapter 1. Becoming a Professional Counselor: Philosophical, Historical and Future Considerations

Multiple Choice Questions

1. A thorough understanding of a profession's origination and historical progression provides a framework within which a counseling student can
 - a. increase identification with the profession.
 - b. gain a sense of pride in the profession.
 - c. be armed with knowledge necessary to advocate for the profession.
 - d. All of the above.
2. Psychotherapy
 - a. is the basis of counseling.
 - b. assumes a medical model.
 - c. encompasses all types of counseling.
 - d. refers to counseling involving choices about lifestyle, education, or vocation.
3. Depending on the nature of the client's situation, the counseling process can be
 - a. facilitative.
 - b. preventive.
 - c. remedial.
 - d. All of the above.
4. Empowerment refers to the
 - a. client's independence from the helping relationship.
 - b. counselor's ability to facilitate change.
 - c. collaborative aspect of the client-counselor relationship.
 - d. None of the above.
5. From 1900 to the 1920s,
 - a. societal views of mental health were changing.
 - b. society rejected the idea of mental illness.
 - c. counseling became extremely popular.
 - d. only males sought counseling.
6. The mental hygiene movement was influenced by
 - a. the mentally ill.
 - b. Whittingham Beer's *A Mind That Found Itself*.
 - c. mental health counselors.
 - d. None of the above.

7. The Father of the American guidance movement was
 - a. Whittingham Beer.
 - b. William James.
 - c. Jesse B. Davis.
 - d. Frank Parsons.
8. The first to focus on measuring mental abilities and intelligence was
 - a. James Cattell.
 - b. Wilhelm Wundt.
 - c. William James.
 - d. Max Wertheimer.
9. The original name for the *Stanford-Binet* was
 - a. *Binet-Stanford Scale*.
 - b. *Stanford Intelligence Scale*.
 - c. *Binet-Simon Scale*.
 - d. None of the above.
10. Psychometrics is
 - a. research-based.
 - b. the study of psychological instruments.
 - c. individual psychological testing.
 - d. used to determine vocational paths.
11. From 1920 to 1940,
 - a. the guidance movement continued to gain acceptance.
 - b. the guidance movement was scrutinized for its narrow focus.
 - c. vocational guidance became important for career replacement.
 - d. All of the above.
12. As a result of an increased interest in the mental health of children,
 - a. child guidance demonstration clinics were created.
 - b. parental discipline became a popular topic in counseling.
 - c. assessment changed to accommodate all ages.
 - d. there was a decrease in the focus on mental health of adults.
13. In 1935, _____ was established as a self-help approach to alcohol addiction.
 - a. the Alcohol Counseling Center
 - b. the Theater of Spontaneity
 - c. Alcoholics Anonymous
 - d. None of the above.

14. As a result of the Great Depression,
- counseling became available to children.
 - counseling settings expanded.
 - counselors worked with the unemployed in non-traditional ways.
 - All of the above.
15. Psychiatric evaluations and mental hygiene clinics were used in recruitment before
- World War I.
 - World War II.
 - Both of the above.
 - None of the above.
16. World War II increased the need for
- mental health counseling.
 - vocational guidance.
 - knowledge about mental health prevention and treatment.
 - All of the above.
17. In the 1940s, counseling
- became more client-centered.
 - was influenced by Jesse B. Davis.
 - focused on self-help groups.
 - was more popular for children than adults.
18. During _____ there became such a high demand for school counselors that colleges and universities could not keep up the pace.
- 1900-1920
 - 1940-1960
 - 1960-1980
 - 1980-2000
19. The 20/20: A Vision for the Future of Counseling committee
- was composed of 31 counseling organizations.
 - achieved consensus on the definition of counseling and guiding principles.
 - attempted to standardize licensure laws to gain reciprocity.
 - All of the above.
20. The scientist-practitioner is one who is
- interested in the effects of genetics and the family on the client.
 - adept at integrating scientific research and counseling practice to form a more exact science.
 - most likely to base decisions on qualitative research.
 - interested in nature vs. nurture research.

21. Managed care was originally developed to
- provide mental health and medical care to the elderly.
 - protect the elderly from being taken advantage of by insurance companies.
 - protect clients from unnecessary services and fees.
 - All of the above.
22. _____ is also called the “fourth force” in counseling.
- Humanism
 - Multiculturalism
 - Cognitive-behavioral
 - Psychoanalysis
23. Which of the following are steps professional counselors can take to ensure ethical multicultural practice?
- Awareness and self-evaluation.
 - Increase knowledge of the populations and clients.
 - Translate appropriately and adapt the skills and techniques used in counseling.
 - All of the above.
24. An advantage of Internet counseling is that
- underserved populations have an opportunity to access counseling resources.
 - it is less anxiety provoking for clients.
 - members of the armed services stationed abroad can participate in family or conjoint counseling sessions.
 - All of the above.
25. Gatekeeping involves
- screening, remediation, and dismissal of counseling students.
 - keeping the client on the pertinent topic.
 - tracking appropriately with the client.
 - understanding for clients who are severely mentally impaired.
26. Potentially problematic issues among counseling students include
- emotional impairment.
 - inappropriate relationship skills.
 - unethical behavior.
 - All of the above.
27. Gateslippers
- are most likely to lose track of the client’s train of thought.
 - receive no intervention and graduate.
 - are counselor educators who have not pinpointed students who are inappropriate for the counseling program.
 - are students who barely meet the requirements for admittance into a counseling program.

28. Counseling
- a. is equivalent to psychotherapy.
 - b. is based on the wellness model.
 - c. is long-term.
 - d. focuses on the past.
29. One philosophical underpinning of counseling includes
- a. the wellness model.
 - b. a developmental perspective.
 - c. empowerment.
 - d. All of the above.
30. Prior to the 1900s most guidance took the form of
- a. vocational assessment.
 - b. the client's self-directed search.
 - c. giving advice.
 - d. None of the above.
31. Which of the following people changed the meaning and making of mental health and guidance, resulting in the development of the counseling profession?
- a. Frank Parsons
 - b. Jesse B. Davis
 - c. Clifford W. Beers
 - d. All of the above.
32. As World War I began,
- a. the need for measuring the emotional and intellectual abilities and deficiencies of large groups of people became most obvious.
 - b. mental illness became more prevalent.
 - c. uproars in society occurred due to the belief that mental illness did not exist.
 - d. counseling became less popular because men were at war.
33. Collective counseling
- a. focused on all aspects of the client.
 - b. was created by Alfred Adler.
 - c. determined a global assessment of the client's functioning.
 - d. All of the above.
34. During the 1940s, Rogers called for more emphasis on
- a. training and education of counselors.
 - b. counseling techniques.
 - c. research.
 - d. All of the above.