

CHAPTER 1
Counseling Today's Changing Families

- 1.1 Close to _____ of all new marriages today involve the remarriage of one partner. (3)
- *a. one half
 - b. one fourth
 - c. one tenth
 - d. none of these
- 1.2 In stepfamilies today, _____ involves the remarriage of both partners: (3)
- a. one half
 - *b. one fourth
 - c. one tenth
 - d. none of these
- 1.3 Recently arrived people in the United States whose family origins are in non-Western cultures are apt to emphasize: (4)
- a. individualism
 - b. competitiveness
 - c. a future orientation
 - *d. collectivist values
- 1.4 Custody typically involves: (5)
- a. improved parenting
 - b. monitored parenting
 - *c. assignment of children to one or both parents in a postdivorce situation
 - d. family differentiation
- 1.5. Counselors with strong religious or moral objections to certain lifestyles (e.g., homosexuality) should do what in working with such clients? (5)
- *a. be honest about their views and refer them if necessary
 - b. keep their personal views to themselves
 - c. try to convert them to the counselor's view
 - d. question the durability of the clients' relationship

- 1.6 According to recent U.S. Bureau of the Census data, which of the following is not on the increase? (6)
- a. lifelong singlehood
 - b. never marrieds
 - *c. intact families
 - d. cohabiting couples
- 1.7. Noting the increase in the number of working women today, the authors consider which of the following most noteworthy? (6)
- a. the rise in single women employed
 - *b. the rise in employment of mothers of preschool children
 - c. the rise in working women who are married but childless
 - d. the rise in employment of immigrant women
- 1.8 Most women, regardless of social class membership or educational attainment: (6)
- *a. now work outside the home
 - b. are homemakers
 - c. work for equal pay with men
 - d. work standard 40 hour, 5 day workweeks
- 1.9 Dramatically demonstrating the increased opportunity today for women to enter professions are the increases: (7)
- a. of women physicians
 - b. of women psychologists
 - c. of women dentists
 - *d. all of these
- 1.10 Glass ceilings are: (7)
- a. stated company policies regarding promotions or career advancement
 - *b. invisible barriers to advancement in a company beyond a certain level
 - c. improved working conditions for mothers of young children
 - d. architectural improvements to make a more pleasant working environment

- 1.11 Which of the following statements is not true? (9)
- a. Today's single parents tend to spend less time with their children than did their parents with them
 - b. Today's dual-career parents tend to spend less time with their children than their parents did with them
 - *c. Couples today marry later than did those in previous generations
 - d. Children who return home from school to an empty house almost certainly come from poor families.
- 1.12 Which of these statements is true? (10)
- a. Divorce rates are lower than average when a marriage is preceded by a premarital pregnancy
 - *b. More than half of Americans today have belonged or will be belong to a stepfamily at some point in their lives
 - c. Single parent families are more likely to be led by men than women
 - d. One in ten children is now born to an unwed mother in the United States
- 1.13 Family resiliency refers to: (11)
- a. problem-free families
 - b. families with strong genetic makeup
 - c. families able to avoid crises
 - *d. families able to rebound from adversity
- 1.14 A *relational resiliency* perspective attempts to determine how a family: (12)
- *a. survives a crisis and regenerates
 - b. avoids crisis situations
 - c. develops positive relationships
 - d. none of these

- 1.15. In the example of an Internet romance described in the text: (14)
- a. the couple met through day-trading stock
 - b. the couple were old friends who secretly corresponded through e-mail
 - *c. Margo was desperate for companionship when she met Arthur, a fellow bridge player
 - d. each participant was researching family geneology
- 1.16 In the interfaith stepfamily case offered by the authors, the precipitating cause of family dysfunction seemed to be: (16)
- a. religious differences
 - b. income disparity
 - c. chronic unemployment of Josh, the husband
 - *d. the sudden appearance of Josh's teenage daughter from a previous marriage
- 1.17 In the case of Celia and Brenda, a lesbian couple who adopted a child: (17)
- a. Richardo was Brenda's son from an early marriage
 - b. Richardo was Celia's son from an early marriage
 - *c. Richardo eventually developed problematic behavior at home and at school
 - d. their success as parents led to thoughts of adopting a second child
- 1.18 Martha, the 14 year old pregnant high school girl: (18)
- a. dropped out of school before giving birth
 - *b. gave birth to a son who was raised by Martha's parents as their child
 - c. gave up her son to an adoption agency
 - d. aborted the birth without telling her parents

- 1.19 The dual-careerist doctors described by the authors: (19)
- a. had children together but were never married
 - b. cohabited but delayed marriage until each was settled into professions
 - *c. both suffered from work overload, especially after the birth of their child
 - d. decided to remain childless and devote themselves to their careers
- 1.20 In the Indian immigrant family described by the authors: (20)
- a. intergenerational problems were minimal
 - b. laxity by the parents led to family disruption
 - *c. loyalty and family obligation were expected by the parents
 - d. family counseling was suggested by the father

CHAPTER 2

The Family as a Social Unit: Systems Theory and Beyond

- 2.1 Attempting to uncover a person's internal conflicts suggests adopting: (23)
- a. a postmodern approach
 - b. an interpersonal approach
 - *c. an intrapsychic approach
 - d. a modernist approach
- 2.2 A counselor who believes that many of the problems for which families seek counseling are related to cultural issues, such as gender and ethnicity, is probably an advocate of : (23)
- *a. a postmodern approach
 - b. a family systems approach
 - c. a simple cybernetic approach
 - d. none of these
- 2.3 General Systems Theory emphasizes: (24)
- a. the unity of living systems
 - b. its applicability to numerous branches of science
 - c. the interaction of component parts
 - *d. all of these
- 2.4 Systems theory considers an identified patient's current problems as: (24)
- a. resulting from his or her unresolved past conflicts
 - *b. representing a destabilized family or one that has become unbalanced
 - c. resulting from faulty problem solving
 - d. primarily intrapsychic in nature
- 2.5 A systems perspective: (25)
- a. emphasizes stimulus – response connections
 - b. supports linear explanations of behavior
 - c. views component parts as greater than the whole
 - *d. stresses reciprocity of behavior between people

- 2.6 The study of methods of feedback control within a system is referred to as: (26)
- a. a paradigm
 - b. circular causality
 - *c. cybernetics
 - d. postmodernism
- 2.7 Systems tend to seek balance or equilibrium by means of: (27)
- *a. feedback loops
 - b. linear causality
 - c. entropy
 - d. negentropy
- 2.8 The Smith children get into a quarrel at the dinner table over who will clear the dishes. Their father insists they resolve their differences before leaving the table. The father is attempting to achieve a return to the status quo through: (27)
- a. positive feedback
 - b. positive thinking
 - *c. negative feedback
 - d. negentropy
- 2.9 *Attenuated feedback loops* is another term for: (28)
- a. positive feedback
 - *b. negative feedback
 - c. alternating positive and negative feedback
 - d. homeostasis
- 2.10 Which of the following statements is true? (28)
- a. Positive feedback is always destabilizing
 - b. Positive feedback always diminishes conflict
 - c. Positive feedback is always damaging because it amplifies deviation
 - *d. Positive feedback may change stultifying behavior patterns in a family

- 2.11 A recently arrived immigrant family lives near relatives, refuses to speak English, is suspicious of the outside community, and closely monitors their children's comings and goings. Family counselors are apt to classify them as: (30)
- *a. a closed system
 - b. a system headed for negentropy
 - c. an ecosystem
 - d. none of these
- 2.12 A family that continually interacts with its surroundings, modifying its behavior as a result of new information from outside, is said to be a(n) _____ system. (30)
- a. random
 - b. closed
 - *c. open
 - d. equifinality
- 2.13 Open systems operate on the principle of: (31)
- a. entropy
 - b. enmeshment
 - c. disengagement
 - *d. equifinality
- 2.14 Two adolescent members of the Grayson family have run away and a younger child is rebellious. Most likely the family is operating as a _____ system. (31)
- *a. closed
 - b. chaotic
 - c. random
 - d. open
- 2.15 Ideally, open systems have: (32)
- a. entropy
 - *b. negentropy
 - c. few subsystems
 - d. large extended families

- 2.16 Each family system: (32)
- a. contains a number of co-existing subsystems
 - b. carries out its functions through subsystems
 - c. may include subsystems formed by generation, gender, interest, etc.
 - *d. all of these
- 2.17 Which of the following is not considered by the authors to be an enduring subsystem? (32)
- a. spousal
 - b. sibling
 - c. parent-child
 - *d. grandparent-parent
- 2.18 In an enmeshed family, the boundaries are: (37)
- *a. too permeable
 - b. too rigid
 - c. disconnected
 - d. disengaged
- 2.19 Simple positive and negative feedback systems are sometimes referred to as: (43)
- a. epistemology
 - *b. first-order cybernetics
 - c. primary cybernetics
 - d. second – order cybernetics
- 2.20 The viewpoint that the counselor is a participant in the family system, influencing and being influenced by family members, represents which outlook? (43)
- a. cognitive-behavioral
 - b. psychodynamic
 - c. experiential
 - *d. social construction

