

Chapter 01: An Introduction to Group Work: A Multicultural Perspective

Multiple Choice

1. Training for individuals in Task Group leadership involves all of the following broad subject areas EXCEPT for:

- a. Organizational assessment
- b. Conflict resolution
- c. Consultation
- d. Program development

ANSWER: b

2. A protocol of standards that sets forth core competencies for practitioners has been devised by:

- a. The American Psychological Association's Group Counseling Committee
- b. The Association of Group Specialist Trainers
- c. The Association for Specialists in Group Work
- d. The Organization for Practitioners in Group Work

ANSWER: c

3. Jennifer is a 19-year-old emotionally stable college student, but her grades have started to suffer. Her parents suspect alcohol abuse, though they have no proof. They would like her referred to a group that addresses the risks of alcoholism in teenagers. The appropriate group setting would be:

- a. Task
- b. Brief (time-limited)
- c. Counseling
- d. Psychoeducational

ANSWER: d

4. Dylan has participated in a court-appointed psychoeducational group designed to address anger management issues. It can be assumed that he filled out an assessment questionnaire:

- a. During intake only
- b. At program completion only; during intake, assessment questionnaires can prejudice counselors and group leaders and result in preconceived notions
- c. At the beginning and upon program completion
- d. Assessment questionnaires are not typically utilized in psycho-educational settings

ANSWER: c

5. _____ encompasses the values, beliefs, and behaviors shared by a group of people.

- a. Value
- b. Belief
- c. Culture
- d. Behavior

ANSWER: c

6. A view of a counseling group will typically show a population composed of:
- a. Diverse individuals with a similar problem/issue
 - b. A homogeneous group with a similar problem/issue
 - c. Diverse individuals with a dissimilar problem/issue
 - d. A group of individuals selected only for similarities in coping skills, attitudes, etc.

ANSWER: a

7. Dan, a 34-year-old homosexual construction worker; April, a 21-year-old heterosexual single parent; and Sylvester, a 57-year-old Air Force retiree who underwent a blood-transfusion two years ago have all been recently diagnosed as HIV-positive. All need to address the issues of coping and "getting on with life." The appropriate setting for achieving this goal would be:

- a. A psychotherapy group
- b. A task group
- c. A counseling group
- d. A psychoeducational group

ANSWER: c

8. In a psychoeducational group, the leader's main tasks are to provide _____ and create a positive and safe climate that fosters _____.

- a. instruction/behavioral change
- b. cues/expression
- c. cues/self-exploration
- d. instruction/learning

ANSWER: d

Chelsea, a 15-year-old has been diagnosed with bulimia. She reports that she is depressed, sees herself as overweight — though she is categorized by her doctors as being underweight — and is experiencing feelings of worthlessness. She would most likely be found in which type of therapy?

9. Chelsea, a 15-year-old has been diagnosed with bulimia. She reports that she is depressed, sees herself as overweight - though she is categorized by her doctors as being underweight - and is experiencing feelings of worthlessness. She would most likely be

- a. Counseling
- b. Psychoeducational group
- c. Inpatient
- d. Psychotherapy

ANSWER: d

10. Financial concerns, the advent and increased frequency of managed-care structuring and cutbacks in resources have all led to the increased necessity of:

- a. Psychoeducational groups
- b. Single-session groups

- c. Counseling groups
- d. Brief groups

ANSWER: d

11. A group of servicemen and women witnessed a training accident in which comrades were killed and others were left horribly maimed. Many are reporting the effects of being emotionally traumatized. The treatment of choice for these individuals would most likely be a group that:

- a. Involves psychotherapy
- b. Is time limited
- c. Involves the “warm-up/action/closure” model
- d. Is open ended in duration; when the issues are sufficiently dealt with, the group is ended

ANSWER: b

12. To be effective, BGT (Brief Group Treatment) hinges primarily on:

- a. Training of leaders in both group process and brief therapy.
- b. Balancing financial consideration with time constraints.
- c. Advocating for longer treatments.
- d. Tools to assess outcomes better.

ANSWER: a

13. A leader is facilitating a group of diverse individuals — diverse in terms of nationality, race, ethnicity and age. The leader should:

- a. Keep his or her views on these matters to himself or herself; it is crucial to remain neutral
- b. Refrain from taking a stand on matters involving multiculturalism
- c. Avoid giving the impression that he or she favors one view above another
- d. Openly discuss his or her worldview and its impact on the group process, even at the risk of alienating some

ANSWER: d

14. A goal of the culturally skilled group counselor may be to have members offer challenging _____ to one another.

- a. communication
- b. feedback
- c. revelation
- d. argument

ANSWER: b

15. People from specific cultures may be more inclined to turn to all of the following EXCEPT _____ in order to address areas of concern:

- a. clergy
- b. family
- c. a psychologist

d. indigenous healers

ANSWER: c

16. A useful way to think about the differences between our clients and ourselves is to consider the _____ each of us possess.

a. hierarchies

b. single identity

c. dual identities

d. multiple identities

ANSWER: d

17. Jabir is a Muslim counselee. His counselor is unaware of many aspects of Muslim life, beliefs, etc. Teaching his counselor about these aspects of his life is, according to experts, likely to make him feel:

a. Empowered

b. Proud

c. Frustrated

d. Like a competent spokesperson for his group

ANSWER: c

18. Finding reading sources where one can increase his or her base of knowledge regarding a diverse group:

a. Can increase professional competence

b. Can lead to overgeneralizations

c. Is not recommended; the material can be biased, incorrect, outdated, etc.

d. Can lead to misinformation; the counselor should rely on diverse members to provide this information

ANSWER: a

19. A competent therapist remains _____ in the counseling process while maintaining openness about _____.

a. aware/behavior

b. respectful/lifestyles and behavior

c. neutral/attitudinal change

d. invested/outcomes

ANSWER: d

20. In order to learn more about cultural aspects of diverse clients, therapists should do all of the following EXCEPT:

a. Create a safe environment

b. Listen carefully

c. Ask many questions that necessitate clarification

d. Provide clients with opportunity to speak freely

ANSWER: c

21. _____ is/are an excellent treatment choice for numerous intrapersonal and interpersonal issues and for helping people change.

- a. Individual counseling
- b. Groups
- c. Couples counseling
- d. Family counseling

ANSWER: b

22. The broad purposes of a therapeutic group include all of the following EXCEPT:

- a. to support remaining the same.
- b. to increase members' knowledge of themselves and others.
- c. to help members clarify the changes they most want to make in their lives.
- d. to provide members with the tools they need to make these changes.

ANSWER: a

23. The focus of these groups is on the application of group dynamics principles and processes to improve practice and to foster accomplishment of identified work goals.

- a. Psychoeducational groups
- b. Task groups
- c. Counseling groups
- d. Psychotherapy groups

ANSWER: b

24. _____ focus on developing members' cognitive, affective, and behavioral skills through a structured set of procedures within and across group meetings.

- a. Psychoeducational groups
- b. Task groups
- c. Task groups
- d. Psychotherapy groups

ANSWER: a

25. _____ differs from a psychotherapy group in that it deals with conscious problems, is not aimed at major personality changes, is generally oriented toward the resolution of specific short-term issues, and is not concerned with treatment of the more severe psychological and behavioral disorders.

- a. Psychoeducational groups
- b. Task groups
- c. Counseling groups
- d. Psychotherapy groups

ANSWER: c

26. Group members of these groups often have acute or chronic mental or emotional problems that evidence marked distress, impairment in functioning, or both.

- a. Psychoeducational groups
- b. Task groups
- c. Counseling groups
- d. Psychotherapy groups

ANSWER: d

27. _____ generally refers to groups that are time limited, have a preset time for termination, have a process orientation, and are professionally led.

- a. Psychoeducational group therapy
- b. Long-term group therapy
- c. Brief group therapy
- d. Psychotherapy

ANSWER: c

28. Becoming a culturally skilled group practitioner involves understanding both the differences between people and the common ground we share. To that end, group counselors should strive to do all of the following EXCEPT:

- a. Understand some ways that issues pertaining to gender but not sexual orientation.
- b. Become aware of how power, privilege, social group status, and oppression influence the process of a group.
- c. Become aware, knowledgeable, skilled, and action-oriented in understanding the worldview of group members.
- d. Acknowledge the strengths and limitations in working with individuals from privileged and marginalized groups.

ANSWER: a

29. Counseling students and group members are at very different stages of:

- a. their counseling program education.
- b. their cultural awareness and identity development.
- c. limitations.
- d. professional competence.

ANSWER: b

30. It is _____ to expect professionals to have an in-depth knowledge of all cultural backgrounds.

- a. feasible
- b. realistic
- c. possible
- d. unrealistic

ANSWER: d

31. When discussions about race are _____ handled, the result is often misunderstanding, increased antagonism among participants, and barriers to learning.

- a. poorly
- b. appropriately

- c. accurately
- d. precisely

ANSWER: a

32. There have been five successful strategies to facilitate difficult conversations about culture and race identified. Which of the following is NOT one?

- a. Understand your own racial and cultural identity.
- b. Recognize and be open about your racial biases.
- c. Discourage a discussion about feelings.
- d. Pay more attention to the process than to the content of race talk.

ANSWER: c

33. The authors present a conceptual framework that organizes diversity, multicultural, and social justice competency into four areas. Which of the following is NOT one of these areas?

- a. Beliefs and attitudes
- b. Behaviors
- c. Knowledge
- d. Skills

ANSWER: b

34. Groups provide a natural laboratory and a sense of _____ that demonstrates to people that they are not alone and that there is hope for creating a different life.

- a. community
- b. individuality
- c. relief
- d. urgency

ANSWER: a

35. Different types of groups require different levels of leader competence and training, but all group leaders must have:

- a. minimal training.
- b. experience only with adolescent groups.
- c. mastered more than one language.
- d. some common basic competencies.

ANSWER: d