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1. It is especially important for counsellors who work with culturally diverse client populations to do all of the following, *except*:
- a. be aware of their own cultural heritage.
 - b. have a broad base of counselling techniques that can be employed with flexibility.
 - c. not consider the cultural context of their clients in determining what interventions are appropriate.
 - d. examine their own assumptions about cultural values.

ANSWER: c

2. According to the text, the counsellor's personal values influence all of the following, *except*:

- a. our views of the goals of counselling.
- b. the way we conduct client assessments.
- c. the interventions we choose.
- d. how the client's life progressed before treatment.

ANSWER: d

3. Clients place more value on the personality of the therapist than on the:

- a. specific techniques used.
- b. specific words the therapist used.
- c. therapist's theoretical orientation.
- d. appearance of the therapeutic setting.

ANSWER: a

4. Regarding psychotherapy treatment outcome, research suggests all of the following *except*:

- a. the therapist as a person is an integral part of successful treatment.
- b. the therapeutic relationship is an essential component of effective treatment.
- c. both the therapy methods used and the therapy relationship influence the outcomes of treatment.
- d. therapy techniques are the key component of successful treatment.

ANSWER: d

5. An authentic counsellor is best described as:

- a. having the highest regard for all clients.
- b. being willing to be totally open and self-disclosing.
- c. being a technical expert who is committed to objectivity.
- d. being willing to look at his or her own life and make the changes wanted; he or she can model that process for the client.

ANSWER: d

6. In the text, all of the following are listed as characteristics of the counsellor as a therapeutic person *except*:

- a. counsellors have a sense of humour.
- b. counsellors no longer have to cope with personal problems.
- c. counsellors make choices that are life oriented.
- d. counsellors make mistakes and are willing to admit them.

ANSWER: b

7. _____ cannot be reduced simply to cultural awareness and sensitivity.

- a. Cultural diversity
- b. Multicultural competence
- c. Multicultural diversity
- d. Theoretical pluralism

ANSWER: b

8. In the text, one reason given for having counselling students receive some form of psychotherapy is to help them:

- a. work through early childhood trauma.
- b. learn to deal with transference and countertransference.
- c. recognise and resolve their co-dependent tendencies.
- d. become self-actualised individuals.

ANSWER: b

9. Personal therapy for therapists can be instrumental in assisting them to:

- a. heal their own psychological wounds.
- b. gain some experience in how to control the therapeutic session.
- c. understand their own needs and motives and how to heal them while counselling others.
- d. learn how to work through their own personal conflicts while counselling others.

ANSWER: a

10. With regard to the role of counsellors' personal values in therapy, it is appropriate for counsellors to:

- a. teach and persuade clients to act the right way.
- b. maintain an indifferent, neutral and passive role by simply listening to everything the client reports.
- c. avoid challenging the values of clients.
- d. avoid imposing their values through a process of bracketing.

ANSWER: d

11. The authors describe the characteristics of an effective counsellor. By including this information in the chapter, they are hoping to convey the message that:

- a. if you do not possess all of these characteristics, you are doomed to fail in the helping professions.
- b. deficits in these qualities almost always require years of psychoanalysis.
- c. you should develop your own concept of what personality traits you think are essential so that you can promote your own personal growth.
- d. those who possess all of these qualities can ignore the requirement to participate in clinical supervision.

ANSWER: c

12. During an initial session, an adolescent girl tells you that she is pregnant and is considering an abortion. Which of the following would be the most ethical and professional course for you to follow?

- a. Encourage her to get the abortion as soon as possible, without exploring any other option.
- b. Steer her toward having her baby and then consider adoption for her baby.
- c. Suggest that she go to church and pray about her situation.
- d. Help her to clarify the range of her choices in light of her own values.

ANSWER: d

13. Counsellors who are aware of their own cultural influences would be most likely to:
- a. use their power to influence clients to accept or adopt their value system.
 - b. have an appreciation for a multicultural perspective in their counselling practice.
 - c. recognise the cultural dimensions their clients bring to therapy.
 - d. accept clients who have a different set of assumptions about life.

ANSWER: a

14. You are working with a client from an ethnic minority who is silent during the initial phase of counselling. This silence is probably best interpreted as:
- a. resistance.
 - b. a manifestation of uncooperative behaviour.
 - c. a response consistent with his or her cultural context.
 - d. a clear sign that counselling will not work.

ANSWER: c

15. Which of the following is *not* considered an essential skill of an effective culturally competent counsellor?
- a. Being able to modify techniques to accommodate cultural differences
 - b. Being able to send and receive both verbal and nonverbal messages accurately
 - c. Being able to get clients to intensify their feelings by helping them to vividly re-experience early childhood events
 - d. Being willing to seek out educational, consultative and training experiences to enhance their ability to work with culturally diverse client populations

ANSWER: c

16. Which of the following is *not* considered essential knowledge for a culturally competent counsellor?
- a. Knowing how to analyse transference reactions
 - b. Understanding the dynamics and impact of oppression and racism
 - c. Being able to understand the worldview of their clients, and to learn about their clients' cultural background
 - d. Being aware of institutional barriers that prevent minorities from using the mental health services available in their community

ANSWER: a

17. Essential components of effective multicultural counselling include all of the following *except*:
- a. counsellors avoid becoming involved in out-of-office interventions.
 - b. counsellors feel comfortable with their clients' values and beliefs.
 - c. counsellors are aware of how their own biases could affect clients from minorities.
 - d. counsellors use intervention skills on behalf of their clients when necessary or appropriate.

ANSWER: a

18. Effective counselling must take into account the impact of culture on the client's functioning, including the:
- a. client's expectations for possible vacation time from counselling.
 - b. client's degree of acculturation.
 - c. attitudes these clients have about time off during counselling for their personal time.
 - d. messages clients received from their family members while attending counselling.

ANSWER: b

19. Which of the following is *not* a method of increasing effectiveness in working with diverse client populations?

- a. Learn about how your own cultural background has influenced your thinking and behaving
- b. Realise that practising from a multicultural perspective will probably make your job very difficult
- c. Be flexible in applying techniques with clients
- d. Identify your basic assumptions pertaining to diversity

ANSWER: b

20. The_____ factors are the primary determinants of therapeutic outcome. These are the alliance, the relationship, the personal and interpersonal skills of the therapist, client agency, and extra-therapeutic factors.

- a. logistical
- b. contextual
- c. psychodynamic
- d. technical

ANSWER: b

21. If we are inauthentic, it is unlikely that our clients will detect it.

- a. True
- b. False

ANSWER: False

22. An analysis of research on therapeutic effectiveness found that the personal and interpersonal components are, at best, only moderately related to effective psychotherapy.

- a. True
- b. False

ANSWER: False

23. Effective therapists are not the victims of their early decisions.

- a. True
- b. False

ANSWER: True

24. Therapists should not admit their mistakes since that could lessen their clients' confidence in them.

- a. True
- b. False

ANSWER: False

25. Truly dedicated therapists carry the problems of their clients around with them during leisure hours.

- a. True
- b. False

ANSWER: False

26. The vast majority of mental health professionals have experienced personal therapy, typically on several occasions.

- a. True
- b. False

ANSWER: True

27. Therapists need to be free of conflicts before they can counsel others.

- a. True
- b. False

ANSWER: False

28. It is not our function to persuade clients to accept or adopt our value system.

- a. True
- b. False

ANSWER: True

29. Your role as a counsellor is to provide a safe and inviting environment in which clients can explore their values and their behaviour.

- a. True
- b. False

ANSWER: True

30. The general goals of counsellors must fit in with the personal goals of the client.

- a. True
- b. False

ANSWER: True

31. If you try to figure out in advance how to proceed with a client, you may take away the an opportunity for the client to become an active partner in her or his own therapy.

- a. True
- b. False

ANSWER: True

32. Counsellors from all cultural groups must examine their expectations, attitudes, biases and assumptions about the counselling process and about persons from diverse groups.

- a. True
- b. False

ANSWER: True

33. Practitioners must have had the same experiences as their clients in order to have empathy for them.

- a. True
- b. False

ANSWER: False

34. Counsellors can reveal what they are thinking or feeling here and now with the client, but must be careful to avoid making judgements about the client.

- a. True
- b. False

ANSWER: True

35. Ideally, our self-care should mirror the care we provide for others.

a. True

b. False

ANSWER: True