

test bank interviewing and change strategies for helpers-8e-cormier

1. The third stage of the helping process is:

- a. assessment and goal setting.
- b. strategy and selection.
- c. evaluation and termination.
- d. establishing rapport.

ANSWER: b

REFERENCES: Four Stages of Helping

2. A practitioner is interested in helping clients explore themselves, their concerns, and wishes. This stage of helping is:

- a. strategy and selection.
- b. establishing rapport.
- c. assessment and goal setting.
- d. evaluation and termination.

ANSWER: c

REFERENCES: Four Stages of Helping

3. The ability to be introspective and reflect on oneself from different dimensions is:

- a. meditation.
- b. self-awareness.
- c. meditation.
- d. mediation.

ANSWER: b

REFERENCES: Core Skills and Attributes

4. All of the following are true of mindfulness EXCEPT:

- a. it is a heightened state of consciousness.
- b. focus is on in-the-moment perceptual experience.
- c. it uses as many senses as possible.
- d. it is synonymous with meditation.

ANSWER: d

REFERENCES: Core Skills and Attributes

5. In DBT, the three “what” skills of mindfulness are:

- a. observing, discerning, and participating.
- b. owning, discerning, and awareness.
- c. observing, describing, and participating.
- d. owning, describing, and awareness.

ANSWER: c

REFERENCES: Core Skills and Attributes

6. Self-care is an automatic self-indulgence.

- a. true
- b. false

ANSWER: b

REFERENCES: Core Skills and Attributes

7. Self-care has the dual purpose of:

- a. promotion of beneficial care and preventative care.
- b. promotion of beneficial care and the prevention of client symptomology.
- c. prevention of ineffective client care and promotion of meditative states.
- d. prevention of ineffective client care and promotion of beneficial care.

ANSWER: d

REFERENCES: Core Skills and Attributes

8. Skovholt and Trotter-Mathison (2011) described the following hazards of practicing as a helping professional EXCEPT:

- a. providing constant empathy.
- b. difficulty in measuring one's effectiveness.
- c. lack of education.
- d. one-way caring.

ANSWER: c

REFERENCES: Core Skills and Attributes

9. All of the following are components of Neff's (2003a) self-compassion EXCEPT:

- a. self-kindness.
- b. mindfulness.
- c. maleficence.
- d. common humanity.

ANSWER: c

REFERENCES: Core Skills and Attributes

10. A helper no longer finds meaning or purpose in his/her work. Skovholt and Trotter-Mathison (2011) would most likely define this as the helper experiencing:

- a. compassion fatigue.
- b. empathy fatigue.
- c. burnout.
- d. emotional labor.

ANSWER: c

REFERENCES: Core Skills and Attributes

11. A helper finds it difficult to listen to her client who has a history of childhood abuse. She “tunes out” when he speaks about the physical abuse and is unable to offer support and understanding to her client. What most closely describes what the helper may be experiencing?
- a. Empathy fatigue
 - b. Burnout
 - c. Compassion fatigue
 - d. Emotional labor

ANSWER: a

REFERENCES: Core Skills and Attributes

12. Applying Osborn’s salutary suggestions for stamina, a helper who is mindful to maintain healthy boundaries with clients is practicing:
- a. selectivity.
 - b. measurement and managing one’s skills, talent, resources, and strengths.
 - c. accountability.
 - d. inquisitiveness.

ANSWER: b

REFERENCES: Core Skills and Attributes

13. A helper has confidence in his client’s capacity for change. According to Osborn’s salutary suggestions for stamina, the helper is practicing:
- a. accountability.
 - b. inquisitiveness.
 - c. acknowledging agency in others.
 - d. negotiation.

ANSWER: c

REFERENCES: Core Skills and Attributes

14. Tjeltveit and Gottlieb (2010) identified the following assets that enhance therapist resilience EXCEPT:
- a. DESIGNING treatment alternatives.
 - b. creating and making use of available OPPORTUNITIES.
 - c. consulting and revising core VALUES.
 - d. approaching EDUCATION as lifelong learning.

ANSWER: a

REFERENCES: Core Skills and Attributes

15. In this chapter, EBP refers to:
- a. everyday best practices.
 - b. evidence-biased programs.
 - c. evidence-based priorities.
 - d. evidence-based practice.

ANSWER: d

REFERENCES: Core Skills and Attributes

16. Bond, Drake, and Becker (2010) identified all of the following ideal features of mental health interventions EXCEPT:
- a. be well-defined.
 - b. reflect helper's goals.
 - c. reflect client's goals.
 - d. have reasonable costs.

ANSWER: b

REFERENCES: Evidence-Based Practice

17. Research that does not adhere to the strict "laboratory" research of randomized clinical trials comprises:
- a. effectiveness studies.
 - b. efficiency studies.
 - c. efficacy studies.
 - d. "gold standard" studies.

ANSWER: a

REFERENCES: Concerns, Critiques, and Caveats of Evidence-Based Practice

18. A helper conducts a research project that randomly assigned participants into two groups. Group A receives the treatment while Group B is the control group. This type of study would be referred to as a(n) _____ study.
- a. effectiveness
 - b. efficiency
 - c. efficacy
 - d. quasi-experimental

ANSWER: c

REFERENCES: Concerns, Critiques, and Caveats of Evidence-Based Practice

19. Which of the following has been identified as a concern with treatment manuals?

- a. Clinicians may find the approaches are too inflexible.
- b. Treatment manuals may increase clinical judgment.
- c. Treatment manuals rely too much on the clinician's creativity.
- d. Clinicians may be overwhelmed with numerous types of treatments.

ANSWER: a

REFERENCES: Concerns, Critiques, and Caveats of Evidence-Based Practice

20. Orally administering written materials for illiterate clients is a type of cultural adaptation.

- a. true
- b. false

ANSWER: a

REFERENCES: Multiculturalism and Evidence-Based Practice

21. _____ is inclusive of client and helper factors (e.g., client cultural diversity), treatment interventions and setting, and research findings while _____ is concerned only with interventions or techniques that are external to the helper.

- a. Evidence-based treatment; evidence-based practice
- b. Evidence-based treatment; efficiency practice
- c. Evidence-based practice; efficiency treatment
- d. Evidence-based practice; evidence-based treatment

ANSWER: d

REFERENCES: Evidence-Based Practice

22. A helper provides services "in the field" (such as home visits) rather than a clinical setting. This setting is considered:

- a. in vitro.
- b. in vivo.
- c. ex vitro.
- d. ex vivo.

ANSWER: b

REFERENCES: Innovations with Integrity

23. All of the following were identified as characteristics of an ACTx EXCEPT:

- a. services are tailored to the individual client are unlimited.
- b. services are delivered by members of a team.
- c. contributes to increased psychiatric hospital stays and increased housing stability.
- d. a decrease in helper burnout and an increase in job satisfaction.

ANSWER: c

REFERENCES: Innovations with Integrity

24. All of the following statements are true of Dialectical Behavior Therapy (DBT) EXCEPT:
- a. offers behavioral strategies, including problem solving, skills training, contingency management.
 - b. validation and problem-solving strategies form the core of DBT.
 - c. includes acceptance-based procedures, such as validation, mindfulness, and distress tolerance.
 - d. problem solving is undertaken before the validation process to ensure steps in goal-setting.

ANSWER: d

REFERENCES: Innovations with Integrity

25. A DBT practitioner conveys to the client that their behavior makes sense and is understandable in the context of their lives. This process is:
- a. problem solving.
 - b. validation.
 - c. contingency management.
 - d. distress tolerance.

ANSWER: b

REFERENCES: Innovations with Integrity

26. Define self-care and discuss three activities that you may undertake to promote your own self-care as a helper.

ANSWER: Answers may vary.

REFERENCES: Core Skills and Attributes

27. Discuss an efficacy research project you may develop for a helping profession (please include the necessary components of efficacy research in your response).

ANSWER: Answers may vary.

REFERENCES: Concerns, Critiques, and Caveats of Evidence-Based Practice

28. Identify four cultural adaptations and discuss ways they may be integrated into your helping practice.

ANSWER: Answers may vary.

REFERENCES: Multiculturalism and Evidence-Based Practice

29. List four components of Osborn's salutary suggestions for stamina.

ANSWER: Answers may vary.

REFERENCES: Core Skills and Attributes

30. Identify the four primary stages of helping and discuss briefly the clinician's tasks within each stage.

ANSWER: Answers may vary.

REFERENCES: Section Level: Four Stages of Helping