

CHAPTER 1

What Counseling Is and How It Works

Multiple Choice Questions

1. Training to become a counselor involves:
 - A. countertransference.
 - B. addressing personal reactions to your work and countertransference.
 - C. denial.
 - D. none of the above.

ANS: B
REF: Why Be a Counselor?
2. Which of the following is one of the many benefits of training to become a counselor?
 - A. Becoming skilled at developing productive, trusting relationships
 - B. Learning to love and live more intensely
 - C. Developing better comprehension of others' behaviors
 - D. All of the above
 - E. None of the above

ANS: D
REF: Why Be a Counselor?
3. Deciding to be a counselor may have larger implications in your life. Which of the following could result from this decision?
 - A. You will have to face your personal fears.
 - B. All of your relationships will change.
 - C. You will develop new expectations and standards for intimacy.
 - D. All of the above.

ANS: D
REF: To Be a Counselor
4. Which of the following best defines counseling itself?
 - A. Catharsis and interpersonal learning
 - B. A process designed to stimulate thinking to increase growth
 - C. Creating healthy relationships
 - D. None of the above

ANS: B
REF: Definitions of Counseling

5. One predictor of success in counseling may largely be attributed to:
- A. counselor genius.
 - B. counselor's IQ.
 - C. client's motivation and attitude.
 - D. client's perception of therapy.

ANS: C

REF: Why Does Counseling Work?

6. Your goal as a counselor should include:
- A. establishing a workable pattern for an interview.
 - B. the integration of special skills into your character and personality style.
 - C. learning to defend against client outbursts.
 - D. learning to avoid malpractice suits.

ANS: B

REF: To Be a Counselor

7. One of the most potentially rewarding (though terrifying) experiences in counseling is:
- A. maintaining your "cool" if a client threatens assault.
 - B. managing confrontations between family members.
 - C. sharing your essential personal self with another.
 - D. being interviewed "live" on the local television network news.

ANS: C

REF: Significance of the Self

8. Counselor training is moving towards:
- A. standardized curricula through accreditation.
 - B. psychodynamic theory.
 - C. generic training models.
 - D. both A and C.

ANS: D

REF: Why Does Counseling Work?

9. Which of the following may influence a counseling practitioner's style?
- A. Theoretical orientation
 - B. Personality
 - C. Work setting
 - D. None of the above
 - E. All of the above.

ANS: E

REF: Definitions of Counseling

10. Effective counselors tend to:
- A. have cultural backgrounds similar to their clients.
 - B. demonstrate certain human qualities that make them attractive and influential.
 - C. utilize one preferred approach.
 - D. none of the above.

ANS: B

REF: Significance of the Self

11. Counseling may be viewed as an ambiguous activity because:
- A. the definition of counseling is vast.
 - B. clients often are unaware of their real problems.
 - C. clients are often confused and unfocused.
 - D. all of the above.

ANS: D

REF: To Be a Counselor

12. When presenting a definition of counseling to a client, it would be important to:
- A. personalize the description to reflect the client's needs and counselor's style.
 - B. cover every stage and component of the process.
 - C. make clear exactly what you will do, how and why you will employ it, and the results.
 - D. give several different versions and let the client pick the best one.

ANS: A

REF: Definitions of Counseling

13. Counseling is most likely to be helpful when all of the following are true EXCEPT:
- A. the counselor is experienced.
 - B. the counselor follows a flexible plan.
 - C. the counselor persuades the client to follow the presented agenda.
 - D. the counselor follows a generic process of stages.

ANS: C

REF: Why Does Counseling Work?

14. Which of the following is most true?
- A. Counselors learn not to have strong feelings towards clients and their decisions.
 - B. Counselors tell their clients about best choices based on their own experiences.
 - C. Counselors advise clients about what to do based on research studies.
 - D. Counselors have strong opinions about client choices but try hard to keep them in check so clients can come to their own decisions.

ANS: D

REF: To Be a Counselor

15. The bottom line for success in a counseling program is:
- A. one's ability to succeed at academic tasks.
 - B. being able to use your power to influence other people's lives.
 - C. being able to translate text and classroom learning into action.
 - D. to be able to satisfy nurturing needs of the self by rescuing others.
 - E. taking care of your client's "unfinished business."

ANS: C

REF: Why Be a Counselor?

16. Counselor training programs are among the most challenging experiences a student can undertake because they:
- A. demand that you translate learning into action.
 - B. call for honest self-evaluation of motives.
 - C. demand emotional, as well as academic commitment, and investment.
 - D. all of the above.

ANS: D

REF: Why Be a Counselor?

17. Motivation to enter the profession is driven by:
- A. selfish desires to meet one's own needs.
 - B. an altruistic spirit.
 - C. financial prospects.
 - D. all of the above.

ANS: D

REF: Why Be a Counselor?

18. Counseling inspires students to become a knowledgeable generalist by:
- A. reading across disciplines.
 - B. critically analyzing conceptions of "truth."
 - C. stretching the breadth of one's personal experiences.
 - D. all of the above.

ANS: D

REF: Why Be a Counselor?

19. To permit the luxury of liking or disliking the client is an example of:
- A. immediacy.
 - B. therapeutic honesty.
 - C. yielding to internal distractions.
 - D. none of the above.

ANS: C

REF: To Be a Counselor

20. Counselor effectiveness is reduced when counselors are:
- A. confrontational toward clients.
 - B. rigid in the pursuit of their personal agendas.
 - C. both A and B.
 - D. neither A nor B.

ANS: B

REF: To Be a Counselor