

A Brief Orientation to Counseling, 2e
Ed Neukrug

Chapter 1: What Is Counseling and Who Is the Counselor?

Multiple Choice

1. Hackney and Cormier attribute modern-day misconceptions, misunderstandings and bias toward the term “counselor” to the _____ of the term itself.
 - A. limitation
 - B. magnitude
 - C. diminishment
 - D. proliferation

ANS: D

A-Head: Defining Counseling

Learning Objective: LO 1

2. The derivation of the word “psyche” is _____, and its meaning is _____.
 - A. Latin; mind
 - B. Greek; soul
 - C. Latin; brain
 - D. Greek; thought

ANS: B

A-Head: Defining Counseling

Learning Objective: LO 1

3. During the early part of the 20th century, vocational counselors disliked the word guidance and its heavy emphasis on _____.
 - A. ethics
 - B. religion
 - C. morality
 - D. behavior

ANS: C

A-Head: Defining Counseling

Learning Objective: LO 1

4. Martin is a counselor in the religious sector. Bob is a vocational counselor. Yoshi counsels people recovering from addiction. Adele is an elementary school counselor. The training of these four individuals, despite the different realms in which they practice, is:
 - A. largely different.
 - B. the same, except for field placements.

- C. identical.
- D. remarkably similar.

ANS: D

A-Head: Defining Counseling

Learning Objective: LO 1

5. "Preventive" sits on the short term ("guidance") side of the counseling continuum. Its counterpart on the long term ("psychotherapy") side of the same continuum is:
- A. restorative.
 - B. reconstructive.
 - C. regenerative.
 - D. reinforcing.

ANS: A

A-Head: Defining Counseling

Learning Objective: LO 1

6. According to the CACREP content areas, all counselors, through their educational pursuits, are expected to have practical knowledge in all the following areas EXCEPT:
- A. professional counseling orientation and ethical practice.
 - B. social and cultural diversity.
 - C. human growth and development.
 - D. the helping relationship.
 - E. legal arguments for ethical dilemmas.

ANS: E

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

7. According to the CACREP content areas, all counselors, through their educational pursuits, are expected to have practical knowledge in all the following areas EXCEPT:
- A. assessment.
 - B. group work.
 - C. research and program evaluation.
 - D. career development.
 - E. psychopharmacology.

ANS: E

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

8. The Council for Accreditation of Counseling and Related Educational Programs (CACREP) is the accreditation body that defines the standards of counseling coursework. Which is most true about the accreditation of counseling programs by CACREP?
- A. CACREP is new and few are accredited or follow their guidelines.
 - B. All are CACREP accredited.

- C. Most programs follow their guidelines.
- D. CACREP accredits programs and licenses counselors.

ANS: C

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

9. Rehabilitation counseling's accreditation body is the:
- A. Council on Rehabilitation Education.
 - B. Council for Accreditation of Counseling and Related Educational Programs.
 - C. Association of Licensed Professional Rehabilitation Counselors.
 - D. American Rehabilitation Counseling Association.

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

10. Which of the following is *NOT* specialty area accredited by CACREP?
- A. Clinical mental health counseling
 - B. Marriage, couple, and family counseling
 - C. Gerontological counseling
 - D. Addiction counseling
 - E. Career counseling
 - F. College counseling and student affairs and

ANS: C

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

11. NBCC offers all but which of the following certifications?
- A. Marriage, couple, and family counseling certification (MCFC)
 - B. Master Addictions Counselor (MAC)
 - C. Certified Clinical Mental Health Counselor (CCMHC)
 - D. National Certified School Counselor (NCSC)
 - E. National Certified Counselor (NCC)

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

12. A school counselor who has earned his or her master's degree from a CACREP-accredited program would require at least _____ credit hours of study.
- A. 120
 - B. 62
 - C. 80
 - D. 48

ANS: D

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

13. Which is *NOT* a specialty certification offered by the National Board for Certified Counselors?
- A. College counseling
 - B. Clinical mental health counseling
 - C. School counseling
 - D. Addictions counseling

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

14. Which association is mainly for school counselors?
- A. SGCA
 - B. NCA
 - C. ASCA
 - D. AAISC

ANS: C

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

15. Which is true?
- A. All 50 states now have licensure for counselors.
 - B. All 50 states now have some type of marriage and family licensure.
 - C. Most states now forbid licensure for counselors without a doctoral degree.
 - D. Most states now have licensure for couples, marriage, and family counselors.

ANS: D

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

16. Which association is mainly for clinical mental health counselors?
- A. AMHCA
 - B. CMHCA
 - C. MHCA
 - D. APA
 - E. NOHS

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

17. Which association do many marriage, couple and family counselors join?
- A. AAMFT
 - B. WPA

- C. NAMCF
- D. MFCA

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

18. For a number of years there has been a movement to remove the title “guidance counselor” and replace it with:

- A. educational counselor.
- B. learning counselor.
- C. school counselor.
- D. instructional counselor.

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

19. The ASCA National Model is:

- A. used for the training of school counselors.
- B. used for the training of substance abuse counselors.
- C. a generic model for the training of counselors.
- D. an effort to broaden the focus of career counselors.

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

20. Barbara is seeking to become a clinical mental health counselor and has decided to join the related professional association for members of this general field. She will likely be joining the:

- A. IAMFC.
- B. IAAOC.
- C. ACCA.
- D. AMHCA.

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

21. _____ states that offer marriage and family counselor credentialing

_____.

- A. Most; allow licensed professionals with related degrees to practice marriage and family counseling if the practitioner has relevant expertise
- B. All; allow licensed professionals with related degrees to practice marriage and family counseling if the practitioner has relevant expertise

- C. All; allow licensed professionals with related degrees to practice marriage and family counseling only if the practitioner has two years of relevant experience
- D. Twenty-two; allow licensed professionals with related degrees to practice marriage and family counseling if the practitioner has relevant expertise

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

22. Addiction counselors can become certified through NBCC as a:

- A. Certified Addictions Counselors (CAC).
- B. Certified Substance Abuse Counselors (CSAC).
- C. Licensed Substance Abuse Counselors (LSAC).
- D. Master Addictions Counselors (MAC).

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

23. Which is ACA's division for student affairs and college counseling?

- A. SCCA
- B. ACPA
- C. ACCA
- D. AASCA

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

24. Which association is mainly for addiction counselors?

- A. IAAOC
- B. AACA
- C. NOHS
- D. IAMFC
- E. ACA

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

25. Which association is mainly for rehabilitation counselors?

- A. RAA
- B. AMRA
- C. NRCA
- D. ARCA

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

26. The two associations which offer curriculum guidelines for couple and family counseling are:

- A. CFT and LPC.
- B. LCSW and LPC.
- C. APA and CACREP.
- D. CACREP and COAMFTE.

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

27. Pablo and his wife, Stella, are seeking the services of a counselor to address their relationship issues. They have arrived at the office of Father Logan, a pastoral counselor. Father Logan:

- A. must have at least an undergraduate degree in counseling.
- B. must have at least a master's degree in counseling.
- C. must have at least a CACREP certification in pastoral counseling.
- D. might not have a degree in counseling.

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

28. Modern-day social workers can become certified by the _____ and licensed as _____.

- A. National Board of Certified Counselors; Licensed Counselors
- B. Academy of Certified Social Workers (ACSW); Licensed Clinical Social Workers (LCSWs)
- C. National Board of Social Workers (NBSW); Licensed Clinical Social Workers (LCSWs)
- D. Council for Social Work Certification (CSWC); Licensed Professional Social Workers (LPSWs)

ANS: B

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

29. Brandy has been unable to reintegrate into the workforce since suffering a minor stroke six months ago. Her physician is seeking to refer her for career counseling and rehabilitation services. Which of the following practitioners would be least likely (by means of training) to be able to assist Brandy?

- A. Mike, an LPC who is a member of the NCDA
- B. Rodrigo, a member-in-good-standing of ARCA
- C. Millicent, a practitioner with an MSW
- D. David, a counselor with a CRCC certification

ANS: C

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

30. The accreditation body for social work programs is:

- A. the Council on Social Work Education.
- B. the National Association of Social Workers.
- C. non-specific; there is no universal accreditation body.
- D. the Commission on Social Work Training and Certification.

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

31. Psychology licensure and requirement protocols are determined on a(n) _____ level.

- A. organizational
- B. county
- C. national
- D. state

ANS: D

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

32. Lars's goal is to become a clinical psychologist practicing psychotherapy. Which of the following degrees would not entitle him to engage in the field and practice of his choosing?

- A. Ph.D. in developmental psychology
- B. Ph.D. in clinical psychology
- C. Psy.D.
- D. Ph.D. in counseling psychology

ANS: A

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

33. A psychologist with this degree tends to have a stronger clinical focus and somewhat less of a research focus.

- A. Ph.D. in Counseling Psychology
- B. Psy.D.
- C. Ph.D. in Clinical Psychology
- D. Ed.D.

ANS: B

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

34. Which of the following practitioners would be the least likely (or not at all likely) to be authorized to prescribe psychotropic medication to a patient?

- A. Psychologist
- B. Psychiatrist
- C. Psychiatric nurse
- D. Social worker

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

35. A psychiatrist is a(n) _____ by training.

- A. analyst
- B. researcher
- C. physician
- D. social worker

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

36. Which type of nurse is authorized to prescribe prescriptions in all 50 states?

- A. Practical Nurse
- B. Registered psychoanalytic nurse
- C. Advanced practice registered nurse
- D. Prescriptive-privilege nursing practitioner

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

37. Lana walks past a door in a clinic in her small town of Elksburg. A sign on the door states "Dennis Hastings, Psychotherapist." Lana can safely assume:

- A. Dennis is licensed in psychotherapy.
- B. Dennis has an advanced degree in psychotherapy.
- C. her state has tough legislation regarding who can call himself or herself a psychotherapist.
- D. that Mr. Hastings can only actually practice psychotherapy if he is licensed to do so.

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

38. Which association do pastoral counselors often join?

- A. POA
- B. NOPC
- C. ASERVIC

D. AACC

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

39. Which association is mainly for social workers?

A. NASW

B. ASWA

C. NSWA

D. ACSWE

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

40. Which association is mainly for psychiatrists?

A. APA

B. ACA

C. NOHS

D. NASW

ANS: A

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO3

41. What is one major role of school psychologists?

A. To supervise counselors

B. To provide advice on medication for learning disabilities

C. To offer ways of administrating new innovative counseling programs

D. To do evaluation and assessment of children in the schools

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

42. . Which of the following can never write prescriptions?

A. Psychologists

B. Social workers

C. Psychiatrists

D. Psychiatric nurses

ANS: B

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

43. . Which association is mainly for psychiatric-mental health nurses?

A. PNAA

B. APNAA

- C. NAPP
- D. APNA

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

44. Which is *NOT* true of psychiatric nurses?

- A. They have training in both medicine and basic counseling skills.
- B. In the majority of states, they can write prescriptions.
- C. They can acquire certifications in a number of mental health areas.
- D. They are always attached to a board-certified psychiatrist who oversees their work.

ANS: D

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

45. Expressive therapists may join a number of associations. Of the following, which is a division of ACA?

- A. American Music Therapy Association
- B. American Dance Therapy Association
- C. Association for Creativity in Counseling
- D. American Expressive Therapy Association
- E. American Art Therapy Association

ANS: C

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

46. Which is true about the word “psychotherapist”?

- A. Most states license psychotherapists.
- B. Generally, legislatures limit the scope of psychotherapeutic practice to those with licenses and do not license “psychotherapists.”
- C. In most states, only a board certified professional can call himself or herself a psychotherapist.
- D. The term is limited to psychologist or a psychiatrist.

ANS: B

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

True/False

47. Guidance is to counseling as counseling is to psychotherapy.

ANS: TRUE

A-Head: Define Counseling

Learning Objective: LO 1

48. NBCC is a credentialing body for counselors.

ANS: TRUE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

49. All specialty areas in counseling tend to require the same basic foundational course work.

ANS: TRUE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

50. CACREP provides national licensure counselors.

ANS: FALSE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 2

51. The training of psychologists and psychiatrists is very similar.

ANS: FALSE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

52. Although one needs a doctorate to be a counselor or clinical psychologist, in some cases, one can be a school psychologist with a master's degree.

ANS: TRUE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

53. Today, the differences between counseling psychology and clinical psychology are great.

ANS: FALSE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

54. The National Organization of Human Services is mostly focused on undergraduate training in the helping professions.

ANS: TRUE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

55. Generally, anyone can call himself or herself a "psychotherapist."

ANS: TRUE

A-Head: Counselors and Related Mental Health Professionals
Learning Objective: LO 3

Short Answer

56. Briefly describe the origins of the confusion that surrounds the words counseling, guidance, and psychotherapy.

ANS: Answers will vary

A-Head: Defining Counseling

Learning Objective: LO 1

57. The CACREP guidelines for counseling programs involve knowledge in at least 8 specific content areas. List 5 of those 8 content areas.

ANS: Answers will vary

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

58. Alexis has begun work on her Master's degree in counseling, and has not yet decided on a specialty area. Her research reveals that CACREP-accredited programs offer six different specialty areas. List four of them, noting how many semester hour credits would currently be required to complete those training programs. (Hint: The training hour requirement is **not** the same for all programs.)

ANS: Answers will vary

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 2

59. If you are looking on the internet for counseling services, why should you be cautious when you see an advertisement for someone that simply identifies them as a "psychotherapist?"

ANS: Answers will vary

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3

60. Briefly discuss the difference between a psychologist and a psychiatrist. What are the primary similarities and differences between a clinical and a counseling psychologist?

ANS: Answers will vary

A-Head: Counselors and Related Mental Health Professionals

Learning Objective: LO 3