

5. The primary purpose of theories of counseling is to explain:
 - a. the processes for human behavior change.
 - b. personality development.
 - c. cognitive changes that occur across the lifespan.
 - d. mechanisms for healthy versus unhealthy personalities.
6. Which of the following statements reflects a way that cognitive schemata can be harmful?
 - a. They interfere with a person's ability to organize information.
 - b. They contribute to the formation of stereotypes.
 - c. They give us too much information and impede information processing.
 - d. They allow us to more effectively learn a foreign language.
7. A counseling theory:
 - a. helps therapists organize information about their clients.
 - b. may lead a therapist to view a client from a biased perspective.
 - c. contributes to the gap between theory and practice.
 - d. both a and b are true.
8. Counseling theories provide therapists with:
 - a. fancy ways to talk to their clients about their presenting problems.
 - b. a method to identify with their clients.
 - c. a professional schemata.
 - d. alternative to relying on self-disclosure during therapy sessions.
9. A good counseling theory is:
 - a. precise
 - b. has empirical support
 - c. fits the client well
 - d. a and b
10. The most important point of Project MATCH was to
 - a. conduct a bigger, better, psychotherapy outcome study
 - b. discover the unique ingredients of the Alcoholics Anonymous approach
 - c. look at the effectiveness of three approaches to therapy with many kinds of clients
 - d. assess the effects of client characteristics in psychotherapy outcome
11. The Consumer Reports study was controversial because
 - a. it used retrospective reports of clients
 - b. it was not an experimental study
 - c. the therapists in the study were atheoretical
 - d. a and b
12. The principle of _____ says the simplest explanation that can handle the data is the best.

- a. stimulation
- b. parsimony
- c. practicality
- d. none of the above

13. The ethical principles of _____ dictate that counseling professionals are always attentive to client welfare and do not engage in behaviors that could in any way harm the client.

- a. informed consent and competence
- b. professionalism and concern
- c. beneficence and malfeasance
- d. none of the above

14. _____ dictates that clients be given information in writing regarding the confidentiality of information they give to therapists.

- a. HIPPA
- b. MAPA
- c. WHO
- d. none of the above

15. If you are working with clients below the age of _____, you'll need to know that they legally cannot give informed consent to treatment (except in a few circumstances).

- a. 16
- b. 13
- c. 18
- d. 21

16. Which of the following is one of the most clearly defined rules regarding confidentiality?

- a. Clients can give consent to the counselor to disclose information as they wish.
- b. Counselors are bound to disclose information if the client is in danger of harming him or herself or someone else.
- c. All states in the U.S. mandate that the counselor report evidence of abuse of a child.
- d. All of the above.

17. Counselors are not acting in a competent manner when they

- a. experience burnout
- b. conduct counseling sessions while impaired
- c. practice using new approach with lack of appropriate skills in that method
- d. all of the above

18. What is usually the first step to take if you observe a peer or colleague acting in an unethical way?

- a. report your peer to their professional organization
- b. try to informally resolve the issue by talking to the transgressor

- c. report your peer to law authorities
- d. contact your peer's licensing board regarding her/his behavior

19. In Eysenck's (1952) study, the control groups were:

- a. state hospital patients.
- b. insurance clients.
- c. waiting list controls.
- d. both a and b.

20. Eysenck (1952) found that:

- a. psychotherapy was effective.
- b. clients who received no therapy demonstrated better outcomes than those who received any therapy.
- c. behavior therapy was better than psychoanalysis.
- d. eclectic therapy was better than no treatment.