

- (b) cognitive
 - (c) psychodynamic
 - (d) existential
8. Which of the following is NOT a common factor implicit in almost every form of successful therapy?
- (a) Provides a collaborative therapeutic alliance between client and clinician.
 - (b) Instills hope and optimism.
 - (c) Promotes clinician's sense of mastery and expertise.
 - (d) Improves coping, impulse control, stress reduction, and promotes behavioral change.
9. Which of the following is a common ingredient of successful treatment strategies?
- (a) An average of 10-15 counseling sessions.
 - (b) The use of affect-based techniques.
 - (c) Matching counselor and client based on gender and culture.
 - (d) Improved client ability to modify thoughts.
10. The most powerful factor in change appears to be
- (a) clients' experiences and inner resources.
 - (b) client optimism.
 - (c) clinician expertise.
 - (d) the techniques and interventions utilized.
11. Which of the following is a problem you would NOT expect to be presented by the Diaz family?
- (a) Edie's excessive use of alcohol
 - (b) Edie's overprotection of her daughter
 - (c) Ava's acting out
 - (d) Roberto's over involvement in his work
12. Which of the following statements is false?
- (a) Some clients can benefit from treatment more than others regardless of theoretical approach.
 - (b) The therapeutic alliance is an important determinant of treatment outcome.
 - (c) Client motivation is an important determinant of treatment outcome.
 - (d) Clients who do better in therapy attribute it to the techniques and interventions used.
13. Which of the following is NOT an outcome of establishing a positive therapeutic alliance?
- (a) It prevents ruptures from occurring in the future.
 - (b) It lets the client know that the clinician is listening empathically.
 - (c) It encourages clients' self-esteem, congruence, and self-disclosure.
 - (d) It encourages client's positive expectations of change.

14. The acronym ADDRESSING is important because:
- (a) It can improve the clinician's cultural competence.
 - (b) It helps clinicians understand the effect of their client's address on their personality.
 - (c) ADDRESSING provides an all-inclusive treatment modality.
 - (d) About 25% of therapists describe themselves as being culturally challenged.
15. Which of the following people is strongly associated with the third force in counseling and psychotherapy?
- (a) Sigmund Freud
 - (b) Martin Seligman
 - (c) Albert Ellis
 - (d) Carl Rogers
16. Which client characteristic seems unrelated to outcome?
- (a) intelligence
 - (b) age
 - (c) education
 - (d) socioeconomic level
17. The most powerful predictor of treatment outcome is the
- (a) nature of the relationship between clinician and client.
 - (b) theoretical orientation of the clinician.
 - (c) client's sense of self-efficacy.
 - (d) number of counseling sessions.
18. A 30-year-old African American female says she would feel most comfortable with a clinician of similar age and background. To enhance the therapeutic alliance, it would be best to
- (a) pair her with an older African American counselor to minimize transference.
 - (b) assign her to a clinician who specializes in her presenting problem, regardless of other factors.
 - (c) assign her to a clinician who is very different than she to gently challenge her assumptions and stereotypes.
 - (d) honor her request as closely as possible.
19. A distinguishing characteristic of a sound therapeutic alliance is
- (a) shared goals created in collaboration with the client.
 - (b) client's access to an extensive support system.
 - (c) an emphasis on personal growth and spirituality.
 - (d) a clinician who uses caring confrontations.
20. As predictors of positive treatment outcome, techniques and interventions
- (a) have little predictive value.
 - (b) are not as important as the clinician-client relationship.
 - (c) are not as accurate as the clinician's level of education.

- (d) are not as accurate as client age.
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- 21. Which theoretical orientation is the most effective overall?
 - (a) behavior modification in combination with cognitive therapy
 - (b) solution-focused brief therapy
 - (c) any treatment as long as it incorporates mindfulness
 - (d) While some treatment methodologies work better for specific problems, no single treatment approach has been found to be the most effective overall.
 - 22. Which of the following is true of ethical guidelines for counselors?
 - (a) Most professional associations have a code of ethics.
 - (b) The guidelines address confidentiality issues.
 - (c) Belonging to professional organizations and following established guidelines can help to protect counselors from lawsuits.
 - (d) All of the above.
 - 23. Wayne, a mental health therapist, was convinced that his client intended to assault a co-worker. Wayne alerted the co-worker that he may be in danger. Ethically, Wayne
 - (a) had the option of maintaining confidentiality.
 - (b) was required to consult a supervisor before taking this action.
 - (c) was required to take this action.
 - (d) had no basis for his action.
 - 24. Paul, a talented carpenter, agreed to build bookcases for his therapist's office. Is this agreement ethical?
 - (a) Yes, because the therapist will not be present when the bookcases are installed.
 - (b) Yes, because the therapist is paying fair market value.
 - (c) No, because it constitutes a dual relationship.
 - (d) Possibly, depending on Paul's therapeutic goals.
 - 25. During their first session, Malia explained the expectations and responsibilities of both the client and clinician to her client. This is an example of
 - (a) role induction.
 - (b) initiation.
 - (c) boundary setting.
 - (d) modeling.