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QUESTION 1

If a counselor's role changes from a nonforensic evaluative role to a therapeutic role, the client must be informed of the change as a matter of _____.

- A. confidentiality
- B. treatment
- C. informed consent
- D. assessment

Correct Answer: C

Informed consent is a process of getting permission before conducting a healthcare intervention on a person. Informed consent needs to occur before treatment.

QUESTION 2

A dog is trained to salivate at the ringing of a bell. What form of conditioning is this?

- A. Classical Conditioning
- B. Operant Conditioning
- C. Reinforcement Conditioning
- D. None of the above

Correct Answer: A

Classical conditioning occurs when two stimuli are repeatedly paired. In this case, the two stimuli were the ringing of the bell and the treat. Operant conditioning occurs when there are rewards and punishments associated with learning.

Reinforcement is a term associated with operant conditioning.

QUESTION 3

Your supervisor suggests that you give your client a Beck's Depression Inventory (BDI) Test. This is a(n) _____.

- A. aptitude test
- B. intelligence test
- C. self-report test

D. achievement test

Correct Answer: C

Tests that measure criterion based on a patient's report are called self-report tests. The BDI does not measure aptitude, intelligence or achievement.

QUESTION 4

It is _____ to administer a test to a client from a certain population when the test has not been normed to that population.

A. appropriate

B. unethical

C. illegal

D. unfair

Correct Answer: B

If a test has not been normed to a certain population it is unethical to administer it to a person from that population and the client's results will not be accurate. Normed tests compare and rank the test takers in relation to one another.

QUESTION 5

Who developed the technique of paradoxical intention?

A. Wolpe

B. Super

C. Frankl

D. Jung

Correct Answer: C

Victor Frankl developed the technique of paradoxical intention and used it with clients who had severe anxiety. Systematic desensitization is a behavioral therapy technique developed by Wolpe to help clients overcome phobias.

QUESTION 6

Of the following, which is NOT a curative factor of group, as outlined by Yalom?

A. Universality

B. Instillation of hope

C. Intrapersonal learning

D. Group cohesiveness

Correct Answer: C

Interpersonal learning, not intrapersonal learning, is a curative factor. Interpersonal learning occurs when a person tries out new behaviors in group. Group is seen as a microcosm of the real world.

QUESTION 7

Which of the following is not considered a subjective test?

A. Rorschach

B. TAT

C. WISC-III

D. None; all are subjective

Correct Answer: C

The WISC-III is an intelligence test, while the rest are subjective.

QUESTION 8

What type of partial reinforcement produces the best response to stimuli?

A. Fixed-ratio Schedules

B. Variable-ratio Schedules

C. Fixed-interval Schedules

D. Variable-Interval Schedules

Correct Answer: B

A variable ratio schedule is when a reward occurs after an unpredictable amount of responses and typically provides a high rate of response. A fixed ratio schedule occurs when a response is reinforced after a set number of responses. Fixed interval schedules reinforce the response only after a certain amount of time has passed. Variable interval schedules reinforce the response after an unpredictable amount of time has gone by.

QUESTION 9

Talking about difficulties to purge them is a curative process known as:

A. Catharsis

B. Problem solving

C. Release

D. Sounding off

Correct Answer: A

While Aristotle was the first to describe catharsis, it was the psychoanalyst Josef Breuer who first used it as a technique. He found that while recalling traumatic experiences under hypnosis, his clients experienced relief after expressing the repressed emotions.

QUESTION 10

A counselor who chooses their theory and techniques in order to match the client's attributes, resources, and situation is called:

- A. eccentric
- B. eclectic
- C. holistic
- D. informal

Correct Answer: B

The eclectic approach can be quite successful. Most counselors using this approach still adhere to one or two main counseling theories, but draw techniques from many different theories. A counselor using a holistic approach would consider the person as a whole (body, mind, emotions, spirit) rather than the separate parts when meeting with a client.

QUESTION 11

Who has most extensively researched and described the concept of career maturity?

- A. Ginzberg
- B. Crites
- C. Hoyt
- D. Super

Correct Answer: B

While Super first described the concept of career maturity, it was Crites who researched and created the Career Maturity Inventory. Ginzberg believed the development of the following four factors led to career choice: the reality factor, the influence of the educational process, the emotional factor, and individual values. Hoyt viewed career education as a composite of activities and experiences designed to prepare and engage individuals in paid or unpaid work during their lives. Super believed the following stages explained career development:

1.

The crystallization stage, ages 14-18

2.

Specification stage, ages 18-21

3.

Implementation stage, ages 21-24

4.

The stabilization stage, ages 24-35

5.

Consolidation, age 35

6.

Readiness for retirement, age 55.

QUESTION 12

In the United States, each socioeconomic group represents a different culture because they share:

- A. similar tastes in the arts
- B. educational levels
- C. interest in religion
- D. similar ideas, behaviors, and values

Correct Answer: D

Typically, members of each socioeconomic group share similar ideas, behaviors, and values which fits the definition of culture.