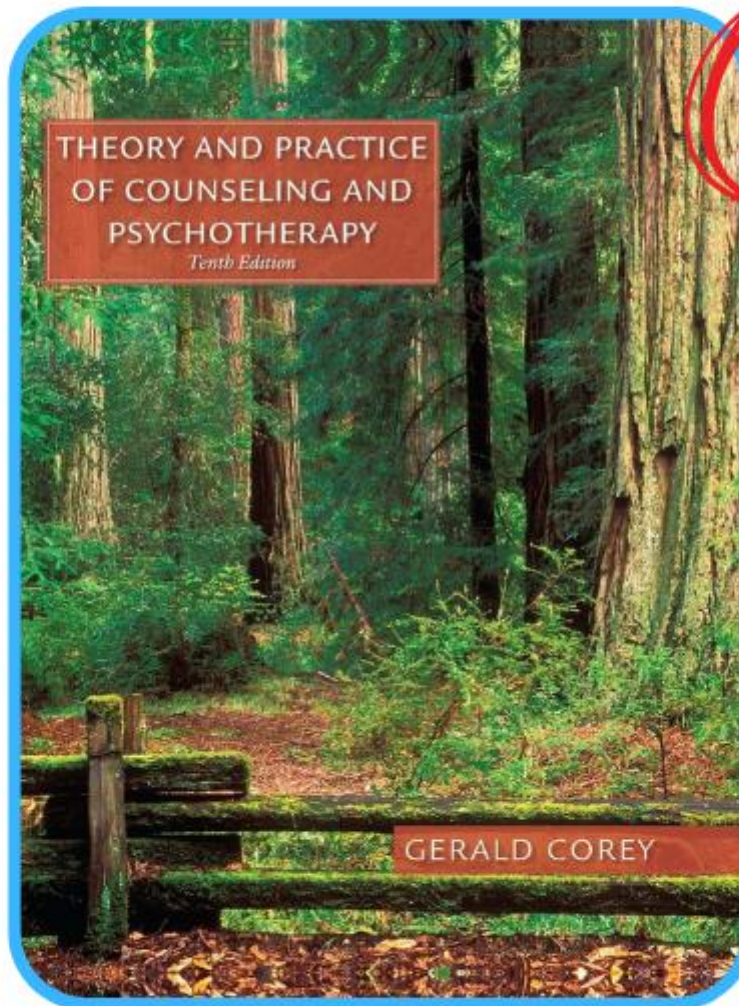


FULL TEST BANK

TEST BANK FOR THEORY AND PRACTICE OF
COUNSELING AND PSYCHOTHERAPY, ENHANCED 10TH
EDITION BY GERALD COREY 9780357671429 CHAPTER 1-
15 COMPLETE GUIDE .

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Chapters 1

Introduction and Overview

MULTIPLE-CHOICE TEST ITEMS

*Note: Below are test items for chapter 1 of **Theory and Practice of Counseling and Psychotherapy**.*

1. *Synthesizing the approaches covered in the text:*
 - a. *can easily be accomplished after taking an introductory course.*
 - b. *is usually mastered by the end of the first year of one's graduate program.*
 - c. *often requires many years of study, training, and practical counseling experience.*
 - d. *rarely, if ever, happens and is a completely unrealistic goal.*

ANS: C PG: 5

2. *Which one of the following is not considered an experiential and relationship-oriented therapy?*
 - a. *Gestalt therapy*
 - b. *family systems therapy*
 - c. *existential approach*
 - d. *person-centered approach*

ANS: B PG: 10

3. *Which one of the following is not associated with the cognitive-behavioral action-oriented therapies?*
 - a. *existential therapy*
 - b. *cognitive therapy*
 - c. *reality therapy*
 - d. *behavior therapy*
 - e. *rational emotive behavior therapy*

ANS: A PG: 10

4. *Which humanistic approach emphasizes the basic attitudes of the therapist as the core of the therapeutic process?*
 - a. *psychoanalytic therapy*
 - b. *Adlerian therapy*
 - c. *person-centered therapy*
 - d. *cognitive-behavioral therapy*
 - e. *family therapy*

ANS: C PG: 12

5. *Presenting one model to which all trainees subscribe*
 - a. *is what the counseling profession endorses at present.*
 - b. *is likely to be a reality by the year 2020 when the CACREP standards are revisited.*
 - c. *is dangerous in that it can limit their effectiveness in working with a diverse range of future clients.*
 - d. *is illegal in the Northeastern region of the U.S., but not in other parts of the country.*

ANS: C PG: 5

6. *The author makes a case for:*
- a. *initially getting an overview of the major theoretical orientations, and then delving more deeply into each approach.*
 - b. *delving deeply into one approach initially and then taking a superficial look at other theoretical models.*
 - c. *learning the theories of counseling only after starting to work with clients in order to make the theories more relevant.*
 - d. *the reader to choose the approach to which s/he subscribes.*

ANS: A PG: 5

7. *Which of the following statements about theories or models of counseling/ psychotherapy is true?*
- a. *Extensive research has shown that certain popular models of psychotherapy are –wrong.¶*
 - b. *There is a clear place for theoretical pluralism in our society.*
 - c. *Accepting the validity of one model implies rejecting the validity of other models.*
 - d. *Theoretical pluralism has been frowned on by several major professional organizations.*

ANS: B PG: 5

8. *What type of factors oftentimes limit our freedom of choice?*
- a. *social*
 - b. *environmental*
 - c. *cultural*
 - d. *biological*
 - e. *all of these*

ANS: E PG: 6

9. *Which of these statements about interventions is true?*
- a. *It is helpful to use one type of intervention with most clients.*
 - b. *During the course of an individual's therapy, different interventions may be needed at different times.*
 - c. *It is best to require clients to adapt to your approach to counseling and the interventions that you are skilled at using.*
 - d. *You should only use counseling interventions when you are certified or licensed.*

ANS: B PG: 8

10. *Which approach was developed during the 1940s as a nondirective reaction against psychoanalysis?*
- a. *person-centered therapy*
 - b. *family systems therapy*
 - c. *Adlerian therapy*
 - d. *reality therapy*
 - e. *cognitive therapy*

ANS: A PG: 10

11. *Francesca, a cognitive behavioral therapist, likes to give homework assignments to her clients. What might her rationale be for doing this?*
- a. *Homework can be a vehicle for assisting her clients in putting into action what they are learning in therapy.*