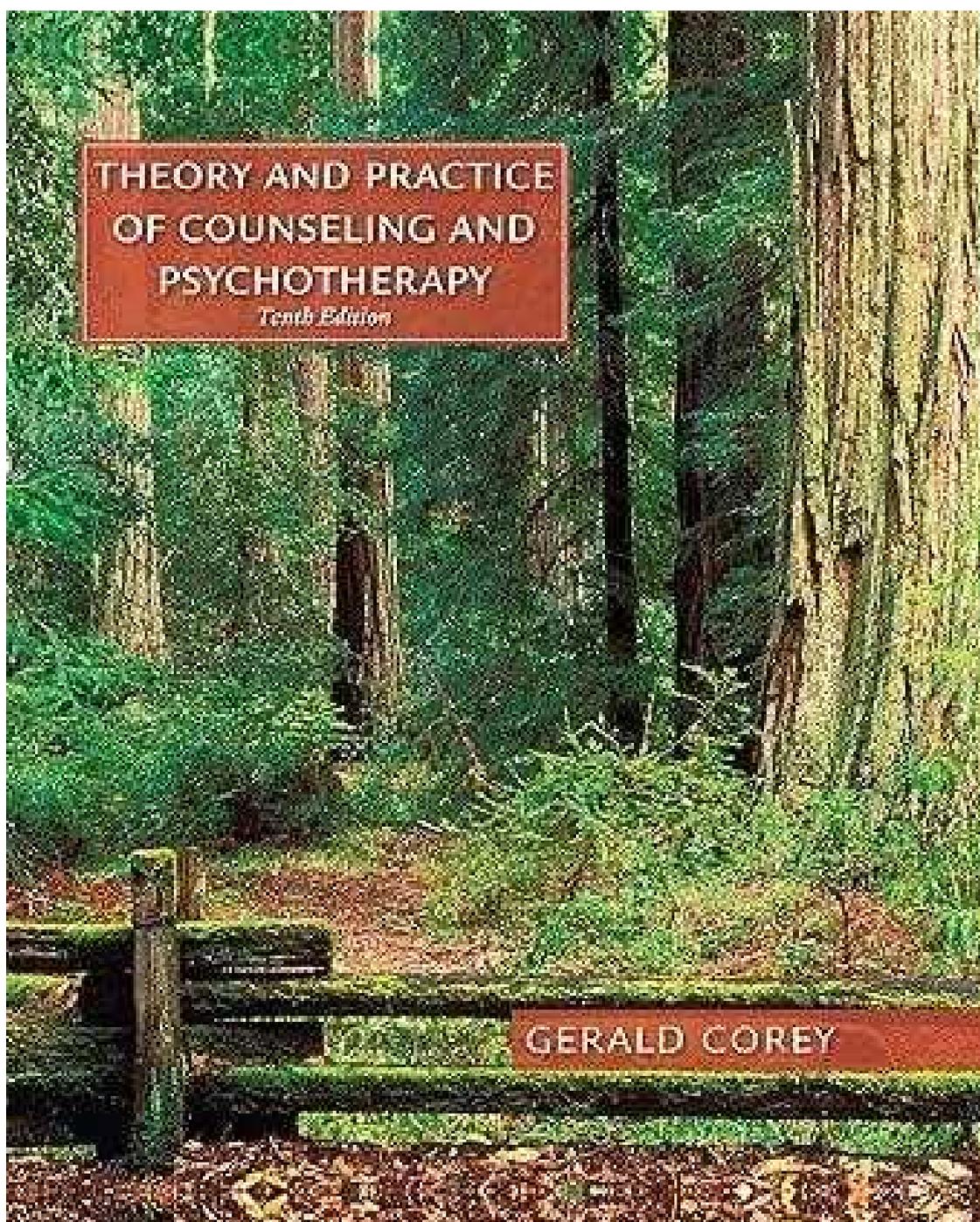# TEST BANK

# Theory and Practice of Counseling and Psychotherapy

## Gerald Corey

### 10th Edition

# Table of Contents

## 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 progra m.
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 psy chotherapy 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 n eeded 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.

b. By assigning homework to her clients, she establishes her clear authority over them (as if she is their teacher).
c. She is probably a novice therapist who is insecure about her skills; thus, by assigning homework, she may feel like she is being more productive.
d. In order to be reimbursed by insurance companies, Francesca is required to give her clients homework assignments.

ANS: A          PG: 6


12.  Which of the following statements best describes the author's view of the medical model?
a. Corey appreciates the focus on psychopathology and believes it gives clinicians the tools to assess what's wrong with clients.
b.  A focus on the medical model restricts therapeutic practice because it stresses deficits rather than strengths.
c. The medical model emphasizes strengths and competencies rather than psychopathology.
d. The medical model is especially relevant for culturally diverse client populations.

ANS: B          PG: 7

13.  A comprehensive approach to counseling:
a. goes beyond focusing on our internal dynamics and addresses those environmental and systemic realities that influence us.
b. focuses almost exclusively on the client's internal dynamics.
c. focuses primarily on the therapist's internal reactions to the client's behavior.
d. focuses only on systemic factors.

ANS: A          PG: 7


14.  Effective psychotherapy is a practice in which:
    a.  the therapist solves problems for clients.
    b.  the therapist is merely a skilled technician.
    c.  the client and therapist collaborate in co-constructing solutions to problems.
    d.  the client is in complete control of the direction of the therapy.

ANS: C          PG: 7

15.  Which of the following is not an issue that Stan struggles with?
    a.  fear of being alone
    b.  fear of intimate relationships with women
    c.  substance use
    d.  lacking a sense of direction and meaning in his life
    e.  aggressive outbursts

ANS: E          PG: 14


**TRUE-FALSE TEST ITEMS**
    1.  An undisciplined mixture of approaches can be an excuse for failing to develop a sound rationale for systematically adhering to certain concepts and to the techniques that are extensions of them.

    ANS: T     PG: 5

2.  *An integrative perspective is not developed in a random fashion.*

*ANS: T      PG: 5*

3.  *Since Corey challenges the deterministic notion that humans are the product of their early conditioning and, thus, are victims of their past, he believes that an exploration of the past is rarely useful.*

*ANS: F      PG: 6*

4.  *Both family therapy and feminist therapy are based on the premise that to understand the individual it is essential to take into consideration the interpersonal dimensions and the sociocultural context rather than focusing primarily on the intrapsychic domain.*

*ANS: T      PG: 7*

5.  *Psychotherapy is a process of engagement between two people, both of whom are bound to change through the therapeutic venture.*

*ANS: T      PG: 7*

6.  *Those practicing brief therapy are in business to change clients, to give them quick advice, and to solve their problems for them.*

*ANS: F      PG: 11*

7.  *With respect to mastering the techniques of counseling and applying them appropriately and effectively, it is Corey's belief that you are your own very best technique.*

*ANS: T      PG: 7*

8.  *Techniques can counteract a client–therapist relationship that is lacking in certain respects.*

*ANS: F      PG: 8*

9.  *Much of effective therapy is the product of artistry.*

*ANS: T      PG: 8*

10.  *Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.*

*ANS: T      PG: 10*

11. *Reality therapy applies the principles of learning to the resolution of specific behavioral problems.*

*ANS: F      PG: 11*

12. *Donald Meichenbaum is a prominent contributor to the development of cognitive behavior therapy.*

*ANS: T      PG: 10*

13. *Reality therapy is based on choice theory and focuses on the client assuming responsibility in the present.*

*ANS: T     PG: 11*

*14.  Michael White and David Epston are the major figures associated with narrative therapy.*

*ANS: T     PG: 11*

*15.  An experiential approach is Gestalt therapy, which offers a range of experiments to help clients gain awareness of what they are experiencing in the here and now.*

*ANS: T     PG: 12*