

- **Question 1** 1.5 out of 1.5 points

In cognitive therapy, thoughts are believed to be

Selected ☒ the determinant of emotions and behavior

Answer:
- **Question 2** 1.5 out of 1.5 points

Jeb presents as rigid and robot-like as he tells you what brings him to counseling. He says that his family complains that he has no feelings and doesn't seem to care about them, only work. At work, Jeb is unhappy because everyone is always begging him for something. He would be much better off if others would just leave him alone to do his work. Jeb says that his coworkers complain that he is inflexible and interpersonally distant. A Bowen Family Systems counselor would be likely to characterize Jeb as:

Selected ☒ engaging in emotional

Answer: ☐ cut-off
- **Question 3** 1.5 out of 1.5 points

Which of the following is not a characteristic of technical eclecticism?

Selected ☒ A self-contained theoretical basis guides the selection of interventions

Answer:
- **Question 4** 0 out of 1.5 points

Which of the following is not true of solution-focused brief family therapy?

Selected ☒ Therapy is generally completed in 5 to 12 sessions

Answer:
- **Question 5** 1.5 out of 1.5 points

According to the cognitive model, our emotions and behaviors are the product of:

Selected ☒ Perceptions of

Answer: ☐ situations.
- **Question 6** 1.5 out of 1.5 points

The philosophy of humans that is adopted by Reality Therapists asserts that humans

Selected ☒ are able to make choices to exert more control over their lives

Answer:
- **Question 7** 1.5 out of 1.5 points

Behavior therapy focuses on actions. Which of the following statements is not true?

Selected ☒ People are more comfortable discussing emotions and thoughts than talking

Answer: ☐ about their behaviors
- **Question 8** 1.5 out of 1.5 points

Which of the following is a central construct of Reality Therapy?

Selected Answer: Basic Needs

• **Question 9**

1.5 out of 1.5 points

Which of the following is NOT incorporated in acceptance and commitment therapy (ACT)?

Selected Answer: Analysis of the relationship between client and therapist

• **Question 10**

1.5 out of 1.5 points

A child who was stung by a bee is now afraid of all flying insects. The child's behavior illustrates the concept of

Selected Answer: stimulus generalization

• **Question 11**

0 out of 1.5 points

According to Reality Therapy, humans are motivated by

Selected Answer: aggressive impulses

• **Question 12**

1.5 out of 1.5 points

Glasser asserts that human behavior is a function of the

Selected Answer: drive to satisfy basic needs

• **Question 13**

0 out of 1.5 points

Reality therapy has received criticism for

Selected Answer: both a and b

• **Question 14**

0 out of 1.5 points

Of the five communication stances outlined by Virginia Satir, only the _____ stance is healthy and leads to communications and connections between people

Selected Answer: placating

• **Question 15**

1.5 out of 1.5 points

Which of the two following pairs of therapists are most alike in terms of how they **approach** counseling:

Selected Answer: REBT and Beck's Cognitive Theory

• **Question 16**

1.5 out of 1.5 points

Which of the following treatment approaches pays the least attention to emotions?

Selected psychoanal
Answer: ysis

- **Question 17**

1.5 out of 1.5 points

Commonalities between Beck's cognitive therapy and Ellis's REBT include all of the following, EXCEPT

Selected Both identify distorted feelings that lead to problem behavior
Answer:

- **Question 18**

0 out of 1.5 points

Nick is having great difficulty getting over his breakup with Susan, his girlfriend of 2 years. According to Reality Therapy,

Selected Nick is responding to
Answer: society rules

- **Question 19**

1.5 out of 1.5 points

When treating young people who represent diverse ethnic and cultural groups, cognitive therapy

Selected is recommended
Answer:

- **Question 20**

0 out of 1.5 points

Circular questioning is a fundamental strategy developed by the Milan School in Italy

Selected Fals
Answer: e

- **Question 21**

1.5 out of 1.5 points

Meichenbaum's work integrates

Selected cognitive, behavioral, and psychodynamic therapies
Answer:

- **Question 22**

1.5 out of 1.5 points

The primary goal of Dialectical Behavior Therapy is to help clients

Selected regulate
Answer: emotions

- **Question 23**

1.5 out of 1.5 points

When working with a family, the clinician must establish a therapeutic alliance with

Selected each person in the family equally
Answer:

- **Question 24**

1.5 out of 1.5 points

Which of the following is NOT a level of cognitive processing in Cognitive Therapy:

Selected Answer: Unconscious

• **Question 25**

1.5 out of 1.5 points

Jeb presents as rigid and robot-like as he tells you what brings him to counseling. He says that his family complains that he has no feelings and doesn't seem to care about them, only work. At work, Jeb is unhappy because everyone is always begging him for something. He would be much better off if others would just leave him alone to do his work. Jeb says that his coworkers complain that he is inflexible and interpersonally distant. According to a Strategic Therapist, Jeb is:

Selected Answer: exhibiting rigid, repetitive interactive behavior

• **Question 26**

1.5 out of 1.5 points

Which of the following treatment approaches focuses most on people's actions?

Selected Answer: reality therapy

• **Question 27**

1.5 out of 1.5 points

A lack of clean clothing is a natural consequence for a child who will not bring dirty clothing to the laundry room

Selected Answer: True

• **Question 28**

1.5 out of 1.5 points

Behavioral therapists generally work with one family member individually (usually a parent) to teach the parent skills to manage the child's problem

Selected Answer: True

• **Question 29**

1.5 out of 1.5 points

Which of the following is NOT true of Wachtel's integrated psychodynamic-behavior therapy?

Selected Answer: It is an example of atheoretical eclecticism

• **Question 30**

1.5 out of 1.5 points

Strategic family therapy developed by Jay Haley and others teaches therapists to:

Selected Answer: all of the above

• **Question 31**

1.5 out of 1.5 points

In cognitive therapy, background factors

Selected vary in emphasis dependent on the
Answer: client's diagnosis

- **Question 32**

0 out of 1.5 points

Reality therapy uses which of the following forms of client assessment?

Selected DSM V
Answer: criteria

- **Question 33**

0 out of 1.5 points

Which of the following interventions is completed in Phase I of Emotion-Focused Couples Therapy?

Selected identifying the negative interactional cycle
Answer:

- **Question 34**

1.5 out of 1.5 points

In REBT, which of the following is considered not true of irrational beliefs?

Selected In-depth discussions of the past can relieve irrational beliefs
Answer:

- **Question 35**

1.5 out of 1.5 points

Regardless of which model of family systems theory used, it is important for the clinician to remain the observer and allow the family to work out its own problems

Selected Fals
Answer: e

- **Question 36**

1.5 out of 1.5 points

The purpose of using active verbs and “ing” words in reality therapy is to

Selected convey that emotions are actions that can be changed
Answer:

- **Question 37**

0 out of 1.5 points

This technique is a common Beck-style Cognitive Therapy intervention

Selected ABC
Answer: method

- **Question 38**

0 out of 1.5 points

The “diagnosis” in Reality therapy is:

Selected unfinished
Answer: business

- **Question 39**

1.5 out of 1.5 points

Which of the following is not a key concept of Bowenian family systems theory?

Selected Answer: centering

• **Question 40**

0 out of 1.5 points

When Joan goes to class to take a test, she experiences a vague “bad” feeling. According to Beck's Cognitive Therapy, the most **immediate** cause of this feeling is probably:

Selected Answer: irrational beliefs

• **Question 41**

1.5 out of 1.5 points

Janie is the youngest child in a large family. Her relatives all live down the street from Janie but Janie refuses to visit anyone, even for Thanksgiving dinner. According to Bowen, Janie is displaying:

Selected Answer: emotional cutoff

• **Question 42**

0 out of 1.5 points

Madison was referred to an employee assistance counselor because of anger she had expressed in the workplace. Madison reported that before she stormed out of a recent staff meeting, she first thought about how her colleague’s reasoning was incorrect, and then felt angry at the influence the person wielded. To effectively use tracking with Madison a multimodal therapist would

Selected Answer: determine if Madison’s feelings and behaviors were congruent

• **Question 43**

1.5 out of 1.5 points

Which of the following is NOT one of Satir’s faulty communication stances?

Selected Answer: leveling

• **Question 44**

0 out of 1.5 points

Which of the following developed a theory of family therapy that does **not** focus on emotions?

Selected Answer: Virginia Satir

• **Question 45**

0 out of 1.5 points

The biblical concept of sin focuses only on an individual's choices.

Selected Answer: True

• **Question 46**

1.5 out of 1.5 points

Implicit and explicit integration are two mutually exclusive models of integration

Selected Answer: False

• **Question 47**

1.5 out of 1.5 points

Tan does not believe demons can be involved in some cases of mental distress.

Selected Answer: False

• **Question 48**

1.5 out of 1.5 points

Cognitive Therapy is more deterministic than traditional (first wave) Behavior Therapy.

Selected Answer: False

• **Question 49**

1.5 out of 1.5 points

Tan believes the Bible is comprehensive but not exhaustive regarding human beings, their functioning, and dysfunction.

Selected Answer: True

• **Question 50**

1.5 out of 1.5 points

Tan believes there are at least three persons involved in every counseling session.

Selected Answer: True

• **Question 51**

0 out of 1.5 points

Tan states that he adopts this approach to Christian counseling

Selected Answer: the Christianity of psychology model

• **Question 52**

1.5 out of 1.5 points

The following questions can apply Christian resources to the cognitive restructuring process except

Selected Answer: All of these help apply Christian resources to cognitive restructuring

• **Question 53**

1.5 out of 1.5 points

Mindfulness concentrates on building self-awareness of on-going experience. Christian devotional meditation cultivates both self-awareness and God-awareness in that experience.

Selected Answer: True

• **Question 54**

1.5 out of 1.5 points

Tan's approach avoids Christian meditative or contemplative prayer forms.

Selected Answer: False

• **Question 55**

0 out of 1.5 points

Most Healing of Memory writers place the prayer form in the context of ongoing pastoral or clinical care rather than as a stand-alone treatment.

Selected Answer: False

• **Question 56**

1.5 out of 1.5 points

Reality Therapy adequately addresses biological factors in mental illness.

Selected Answer: False

• **Question 57**

1.5 out of 1.5 points

Buddhist and secularized versions of mindfulness adopt a closed-system perspective regarding a person's emotional and cognitive experience during the meditation while Christianity teaches a person's experience occurs in an open system, with God's immanence being available to be sensed and experienced, according to Garzon (2015).

Selected Answer: True

• **Question 58**

0 out of 1.5 points

In Beck's Cognitive Therapy, increased rational thinking may be defined as

Selected Answer: something the therapist knows or ascertains and helps the client see

• **Question 59**

1.5 out of 1.5 points

Ellis believed the idea of sin was pathological and should be eradicated from a client.

Selected Answer: True

• **Question 60**

1.5 out of 1.5 points

When Christians have concerns regarding any imagery involved in devotional meditation, Christian counselors can discuss

Selected Answer: All of these

• **Question 61**

0 out of 1.5 points

Ohlschlager is very directive in how he guides clients in their experience of God in their prayer and interaction with Him around a selected Scripture.

Selected Answer: True

- **Question 62**

1.5 out of 1.5 points

Dr. Eric Johnson believes that distinctively Christian therapy (done with a Christian client) promotes differentiation between one's old self and new self.

Selected Answer: True

- **Question 63**

1.5 out of 1.5 points

Teaching Christian clients to practice traditional mindfulness alone may inadvertently teach them to leave God out of their present moment awareness, according to Garzon (2015).

Selected Answer: True

- **Question 64**

1.5 out of 1.5 points

The first major standard in the American Association of Christian Counselors ethics code is to

Selected Answer: do no harm

- **Question 65**

1.5 out of 1.5 points

When a client's psychological symptoms have been resolved and the client wants to continue working with the therapist on spiritual development, Tan believes it is appropriate to continue billing insurance because this will enhance the wellness of the client.

Selected Answer: False

- **Question 66**

1.5 out of 1.5 points

The therapist is consistently seen as the expert in family therapy models.

Selected Answer: False

- **Question 67**

1.5 out of 1.5 points

There has been more research on mindfulness than Christian devotional meditation.

Selected Answer: True

- **Question 68**

0 out of 1.5 points

One similarity that Christian devotional meditation has with eastern meditation is that

both encourage participants to empty their minds.

Selected Answer: True

- **Question 69**

1.5 out of 1.5 points

Christianity and Behavior Therapy agree that "actions have consequences".

Selected Answer: True

- **Question 70**

1.5 out of 1.5 points

Doing traditional mindfulness with a Christian omits beneficial theistic relational components available from the Christian worldview, according to Garzon (2015).

Selected Answer: True

- **Question 71**

1.5 out of 1.5 points

Tan supports the following tenets except

Selected Answer: the personal qualities of the Christian counselor are not as important as the content of the counseling sessions

- **Question 72**

0 out of 1.5 points

When working with a trauma client, one should use Christ-Centered Present Moment Awareness as a first option in Christian devotional meditation because it is less structured.

Selected Answer: True

- **Question 73**

1.5 out of 1.5 points

Like Christianity, Reality Therapy focuses on cultivating the client's willpower to produce change.

Selected Answer: False

- **Question 74**

1.5 out of 1.5 points

Tan believes Christian therapists should promote self-sufficiency in their Christian clients.

Selected Answer: False

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