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## Question: 1

Which of the following would be most consistent with Miller-Tiedeman's Lifecareer theory?

- A. There is a difference between personal and common reality
- B. Careers are the end product of a lifetime of study
- C. People choose careers that are good for them

**Answer: A**

Explanation:

Miller-Tiedeman's Lifecareer theory describes individuals as their own theory makers with respect to formulating their careers. Key to this idea is the difference between personal and common reality; personal reality is one's personal feeling about a right career choice, while common reality is what others tell the person about their career choice.

The theory does not necessarily say that people choose careers that are good for them or that careers are the product of a lifetime of active study; instead, Lifecareer theory suggests that one has a spiritual, personal engagement with the idea of career selection.

## Question: 2

Which of the following is the role of CACREP?

- A. Auditing the performance of professional counselors
- B. Discipline of master's level counseling professionals
- C. Setting national standards for counselors in education

**Answer: C**

Explanation:

CACREP (Council for Accreditation of Counseling and Related Educational Programs) was begun in the 1960s as a way to regularize and establish national standards for the accreditation of master's and doctorate-level programs in counseling.

This body does not audit professional performance or discipline professionals in the counseling professions; such would be the role of state behavioral licensing boards.

## Question: 3

How should one gather practice-based evidence about group effectiveness?

- A. From established research literature

- B. From anecdotal evidence among colleagues
- C. Directly from group members

**Answer: C**

Explanation:

It is important to know not only about established literature that supports what one does in clinical groups; it is equally significant to gather data about the specific practice one is engaged in. Practice-based evidence is the evidence about various characteristics of the group that is gathered directly from group participants, gathered through surveys, questions, or other means.

### Question: 4

Which of the following is the most accurate statement regarding the developmental perspective?

- A. Client problems are an artifact of early developmental stressors
- B. Most client problems reflect normal developmental processes
- C. Client problems begin with developmental issues and expand to other areas

**Answer: B**

Explanation:

According to the developmental perspective, most client problems reflect normal developmental processes rather than psychopathology. In effect, this means that people are not automatically sick when they find themselves in need of counseling, only in need of help through normative psychosocial stages.

Though it is true that client problems often grow greater from a core developmental problem and that some of these developmental problems create long-term issues if they occur early in development, most client problems throughout the lifespan are developmental in nature and normal in character.

### Question: 5

Why would one use a projective technique to assess a client?

- A. To address reliability concerns
- B. To address validity concerns
- C. To standardize results
- D. To get a nonstructured response

**Answer: D**

Explanation:

Projective techniques, such as those used in the TAT (Thematic Apperception Test), are designed to solicit nonstructured responses. For instance, in the TAT, the participant is meant to evaluate the presented pictures in narrative or descriptive form.

This approach is not meant to achieve a greater standard of generalizability, reliability, or validity, but is designed to allow the administrator of the test to evaluate a response that may be idiosyncratic, but is highly indicative of psychopathology if present.

### Question: 6

How should counselors consider self-disclosure in a cultural context?

- A. The counselor's standard on self-disclosure should not change
- B. Counselors should respond within the cultural context
- C. Counselors should self-disclose minimally
- D. Counselors should not self-disclose

**Answer: B**

Explanation:

Self-disclosure is an area that has profound contextual variables related to cultural norms. For example, it might be acceptable for a zero self-disclosure standard in traditionally Western therapeutic environments, but this stance may damage therapeutic rapport in other cultural contexts where the counselor might be expected to share more about themselves. To the extent possible, the best course is likely to be to respond within the cultural context of the client.

### Question: 7

According to research, which of the following is the major concern regarding diversity in crisis counseling?

- A. Communication difficulty
- B. Imposition of values
- C. Lack of crisis recognition

**Answer: B**

Explanation:

According to Myer (2001), the major concern in multicultural crisis counseling is the imposition of counselor values on clients. This might result in a lack of open and frank communication, which is essential in this phase of treatment.

Though communication difficulties are significant to crisis counseling, and it is possible for a lack of cultural awareness to affect the recognition of what a crisis is to a given population, staying value-neutral and focused on the concrete tasks of crisis counseling is a more pressing concern.

### Question: 8

Which of the following best describes psychodrama?

- A. An assessment technique
- B. An unconscious exploration
- C. An interviewing technique
- D. A role-playing exercise

**Answer: D**

Explanation:

Psychodrama is a therapeutic role-playing exercise in which the client is encouraged to explore problems in relationships and other issues through taking on the parts of the significant people involved. This is thought to help in clarifying issues and dealing with the affective personal world of clients with respect to relationship dynamics at any time in their lives.

The process is not unconscious and is not meant to serve as an interview or assessment but is something the client does in an active way.

### Question: 9

How would a hierarchy construction work in counseling?

- A. By assessing power structures in the client's life
- B. By arranging fears in order of importance
- C. By creating a schedule of desired behaviors
- D. By formulating a set of achievable goals

**Answer: B**

Explanation:

In the treatment of specific anxiety and phobia, the first part of many management techniques is for the client to describe their fear in detail according to a hierarchy. This hierarchy will describe a structure of the fear, from related stimuli that induce barely any discomfort all the way to those that the client believes would induce intolerable horror. The strategy will then focus on working up this ladder by desensitizing it, starting with the lower-stress items.

The technique is not related to power structures, goals, or desired behaviors, except as these are reflected in a desire to manage a specific anxiety.

### Question: 10

What is "freedom of choice" legislation with respect to the counseling profession?

- A. Legislation that allows counselors equal access to continuing education
- B. Legislation that demands counselor equity
- C. Legislation that gives counselors rights to practice in neighboring jurisdictions
- D. Legislation that allows counselor reciprocity

**Answer: B**

Explanation:

Historically, counselors have not always been treated with equity by third-party payors in terms of being available as a choice for those seeking mental health treatment. Legislation to put equal access to counselors alongside other mental health professionals as a choice for those seeking mental health treatment is called freedom of choice legislation.

The issue is not so much jurisdictional as it is an acknowledgment on the part of third-party payors.

### Question: 11

Should researchers submit their research to more than one journal at a time?

- A. No, without permission from the ACA
- B. No, under no circumstances
- C. Yes, as review time can be lengthy

**Answer: B**

Explanation:

The guidance in the ACA Code of Ethics (2014) is clear that researchers should submit their research to only one journal at a time. Though this may in some ways seem onerous and can result in wait times, it is the most ethical course of action specified by the ACA.

It would be extremely rare, if it would happen at all, that a direct appeal to the ACA would result in a decision in favor of duplicate submission to many journals at once.

### Question: 12

What is the ethical obligation of counselors with regard to vacations or illness with respect to their clients?

- A. Inform clients about possible gaps in service
- B. Inform clients and make arrangements
- C. There is no ethical obligation per se

**Answer: B**

Explanation:

When a counselor takes a client on, they also take on the ethical responsibility of letting that client know when the counselor's services will not be available due to illness, vacation, or any other reason. Ideally, arrangements would be made for service provision before such a gap takes place.

### Question: 13

Is the use of touch permissible in group work?

- A. Yes, in all circumstances
- B. Yes, in certain circumstances
- C. No, under no circumstances

**Answer: B**

Explanation:

There are many kinds of group work and therapeutic modalities with group work components, some of which call for carefully-monitored and evaluated touch among participants. Aside from the informed consent and liability concerns, the comfort level of participants should constantly be solicited to ensure physical and psychological safety.

### Question: 14

Which of the following would be the most likely focus of Gestalt therapy?

- A. Personality disorder
- B. Past trauma
- C. Depression and anxiety
- D. Awareness in the present moment

**Answer: D**

Explanation:

Gestalt therapy, more than focusing on a particular kind of diagnosis, such as depression, anxiety, or personality disorder, or a long-standing issue such as past trauma, encourages the client to focus on their total awareness of the present moment.

Though there is a component of bringing unfinished business into present awareness, the overall direction of Gestalt-type therapy is exploration of one's subjective awareness.

### Question: 15

What does the research suggest about self-disclosure?

- A. The research is positive about self-disclosure
- B. The research is negative about self-disclosure
- C. The research is conflicting about self-disclosure

**Answer: C**

Explanation:

Self-disclosure, the practice of revealing information about oneself during a counseling session, has mixed reception in the research. Some research suggests that self-disclosure has no positive impact and therefore should not be used, while others make distinctions between present and historical self-disclosure on the part of counselors for the purposes of rapport-building. In the end, a useful guide is to

carefully consider if the self-disclosure will help the client, or if it is a purely social effort on the part of the counselor.

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