

***Theories of Counseling and Psychotherapy Individual
and Relational Approaches 1st edition Cottone Test
Bank***

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Test Bank for

THEORIES OF COUNSELING AND PSYCHOTHERAPY: INDIVIDUAL AND RELATIONAL APPROACHES

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CHAPTER 1

MULTIPLE CHOICE

1. Counseling (or psychotherapy) involves:

- A. A trained professional
- B. A client
- C. Use of professional knowledge
- D. All of the above
- E. B and C, but not A

ANS: D

2. Which of the following is true? A theory of counseling or psychotherapy:

- A. Is an intellectual model
- B. Provides a “focus of study” for the counselor
- C. Outlines activities for the counselor to examine and to evaluate the client
- D. All of the above are true

ANS: D

3. Which of the following has been shown to be powerful at producing healthy outcomes in treatment?

- A. Counselor interpersonal manipulation skill
- B. Uncommon factors
- C. Deviance control
- D. Therapeutic alliance

ANS: D

4. What ethical principles are important to prevent exploitation of clients?

- A. Non-maleficence
- B. Beneficence
- C. Veracity
- D. Fidelity (loyalty)
- E. All of the above

ANS: E

5. Who is the psychiatrist who challenged his own profession by arguing that mental illness was a myth?
- A. Freud
 - B. Adler
 - C. Stein
 - D. Rush
 - E. None of the above

ANS: E