1.01 Lin and Masuda outlined the following five types of acculturation patterns. Briefly describe the following two.

iv. *Overacculturation:* ________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

v. *Biculturation:* __________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

1.06 If I say “I want to see the records showing city expenditures for subsidized day care.” instead of saying “May I see the records showing city expenditures for subsidized day care?” which one of the following AT techniques am I using?

a. Broken record assertion. 
b. Declarative statements assertion.

c. Empathic assertion.
d. Fogging.
e. Indirect assertion.

1.12 If I request reassignment from morning to evening shift, which type of advocacy on the advocacy spectrum am I doing?

a. community advocacy. 
b. group advocacy.
c. individual advocacy.
d. political or policy advocacy.
e. self-advocacy.

1.21 Culturally encapsulated counselors would be most likely to

a. accept clients who have a different set of assumptions about life.
b. depend entirely on their own internalized value assumptions about what is good for people.
c. have an appreciation for a multicultural perspective in their counseling practice.
d. recognize the cultural dimensions their clients bring to therapy.
e. “wall off” their own values and take on their clients’ values.
1.56 Hofstede and Bond identified five dimensions that characterized norms for national, ethnic, and regional cultures:

- Power distance (small to large);
- Relationship of the individual to the group (individualism to collectivism);
- Concepts of gender (masculinity to femininity);
- Truth: ways of dealing with uncertainty (weak to strong avoidance);
- Virtue: orientation in life (short-term to long-term)

The following identify norms associated with one extreme of one of the dimensions:

- To be an average student is desirable.
- Both fathers and mothers deal with facts and feelings.
- Both men and women should be modest.
- Children are socialized to be non-aggressive.
- Friendliness in teachers is appreciated.
- Husbands should be like boyfriends.
- Jealousy of those who try to excel.
- Relationships and quality of life are important.

The following five choices represent extremes on particular dimensions. Which one of the following extremes are typical of the listed norms.

b. Feminine concepts.     e. Small power distance.
c. Individualist relationships.

cognitive-behavioral and feminist therapies have a number of features in common. Which of the following is NOT shared by both approaches?

a. commitment to demystifying therapy.
b. helping clients to take charge of their own lives.
c. providing information to clients about how the therapy process works.
d. taking the position that the therapeutic relationship alone is sufficient to bring about change.
e. viewing the therapeutic relationship as collaborative.

3.01 Define the following four elements that make up malpractice.

i. Duty: ________________________________________________________________
ii. Breach of duty: _____________________________________________________
iii. Injury: _____________________________________________________________
iv. Causation: __________________________________________________________
3.18 Field education students are supposed to meet regularly with their field instructors to discuss problems and progress in their field work.
   a. Any discussion of a client is always a violation of confidentiality.
   b. In order that the helping relationship not be damaged, the client should not be told of this practice.
   c. Students should inform clients that this practice is likely to occur.
   d. This is done to demonstrate the student’s technical deficiencies.
   e. This practice is unethical, but not illegal.

3.27 Proponents of the use of therapeutic contracts emphasize the
   a. collaborative partnership of worker and client.
   b. need for workers to use indirect manipulation to uproot client defenses.
   c. need to keep clients passive in the therapy process.
   d. value of keeping the therapeutic process mysterious.
   e. value of workers promoting client dependence.

3.42 Licenses guarantee that licensees
   a. are competent to practice in the areas that they advertise.
   b. have completed extensive education and training.
   c. have met specific requirements in terms of education and training.
   d. have undergone their own personal therapy.
   e. will competently do what their licenses permit them to do.

4.02 Negative reinforcement of a response occurs when
   a. a punisher is presented after a response.
   b. a punisher is removed after a response.
   c. a reward is presented after a response.
   d. a reward is removed after a response.
   e. nothing occurs after a response.

4.05 Thinning refers to
   a. gradually changing the form of a response by reinforcing successive approximations to the desired behavior.
   b. gradually decreasing the number of responses reinforced in a sequence of response.
   c. gradually diminishing a prompt or cue.
   d. gradually reducing the frequency of reinforcement for a response.
   e. gradually shifting from intermittent to continuous reinforcement.

5.02 Jake asked his field instructor if he could talk to her about his client. She replied, “I have to see my own client right now and then have to run group. Can this wait until later?” Jake thinks, “She is mad at me because I’m not handling this problem myself.” This is an example of
   a. catastrophizing.
   b. dichotomous thinking.
   c. disqualifying the positive.
   d. emotional reasoning.
   e. personalization.
5.17 Elwood role plays his client’s dysfunctional thoughts and has the client argue Elwood out of the dysfunctional thoughts.
This is an example of which technique for challenging automatic thoughts:
   a. challenging absolutes.
   b. considering the odds.
   c. examining evidence.
   d. externalizing voices.
   e. turning adversity to advantage.

5.21 People often hold mistaken beliefs (also called cognitive distortions, irrational beliefs, maladaptive attitudes, etc.). These are beliefs that tend to interfere with a person’s ability to reach his or her goals. Cognitive distortions tend to be absolutist, extreme/infinite in scope, and/or global statements. Functional statements tend to be relative to a situation, finite in scope, and specific, e.g., “I would prefer” instead of “I must,” “She did something bad” instead of “She is bad,” “It would be very bad if...” instead of “It would be a total catastrophe if...”
An example of such a belief is expressed by the statement in *italics*.
“I have always succeeded at everything that I have tried. However, this class is very difficult. I am not sure that I will get a good grade. If I don’t get a good grade, it will be a disaster.”
The second half of the last sentence expresses the cognitive distortion. Please write a replacement sentence conveying the same meaning as the example sentence, but expressing a functional belief.
“I am not sure that I will get a good grade. __________________________________________

6.01 The basic aim of psychoanalytic therapy is to help clients
   a. change overt behavior.
   b. compensate for specific learning disorders.
   c. correct irrational thinking.
   d. make repressed material conscious.
   e. meet basic needs.

6.11 According to Erikson, person who is suffering from feelings of alienation and isolation has probably failed to achieve a sense of __________ during the __________ stage of development.
   a. identity; adolescence.
   b. trust; infancy.
   c. integrity; later life.
   d. generativity; middle age.
   e. intimacy; young adulthood.
7.06. Which of the following gestalt techniques involves asking one member in a group to speak to each of the other group members?
   a. making the rounds.
   b. playing the projection.
   c. retroflection.
   d. reversal technique.
   e. the exaggeration technique.

7.13. The existential concept of “bad faith” refers to
   a. leading an inauthentic life.
   b. not keeping up to date in payments to creditors.
   c. experiencing aloneness.
   d. failing to cooperate with the therapeutic process.
   e. The unwillingness to search for meaning in life.

8.06. The following is an example of a problematic response that would obstruct open communication in families.
   Worker: Mrs. Van, please tell Min what you think would be the best solution to your disagreement with Min about staying out late.
   Mrs. Van: I think the best solution is for you to stop your irresponsible behavior.

   In this case, the term “irresponsible behavior” is vague and inflammatory. This is an example of name-calling – “Negatively evaluating, blaming, name-calling, or criticizing.”

   Give an appropriate alternative response from Mrs. Van. To do this, you must write a sentence that would express the same message in a form that would encourage problem-solving communication rather than fighting.

   __________________________________________________________
   __________________________________________________________

9.01. While the total length of time between initial hazardous event and final resolution of the crisis situation is variable, the actual state of active crisis (disequilibrium) usually lasts
   a. 4 – 6 hours.
   b. 4 – 6 days.
   c. 4 – 6 weeks.
   d. 4 – 6 months.
   e. 4 – 6 years.

9.07. When a crisis worker is working with a battered woman, what should the worker’s first (primary, main) goal be?

   __________________________________________________________

End of Quiz

Have a pleasant Break!