

**PSYCHOLOGY 460 – STUDY GUIDE FOR EXAM #1**  
**Dr. Sheila Grant**

**70 Multiple Choice Questions**

**(PLEASE DO NOT MARK THE EXAM. PUT ANSWERS ON YOUR SCAN-TRON)**

1. It is especially important for counselors who work with culturally diverse client populations to?
2. Which therapies/approaches belong to each of the (a) Analytic Approaches, (b) Experiential & Relationship-Oriented Therapies, (c) Action Therapies, (d) Systems Perspective, and (e) Postmodern Approaches?
3. Which therapies/approaches do *not* belong to the (a) Analytic Approaches, (b) Experiential & Relationship-Oriented Therapies, (c) Action Therapies, (d) Systems Perspective, and (e) Postmodern Approaches?
4. Which approach emphasizes the basic attitudes of the therapist as the core of the therapeutic process?
5. How is the concept of the authentic counselor best described?
6. In the text, what are the characteristics of the counselor as a therapeutic person?
7. What traits of the effective counselor have research studies identified?
8. In the text, the main reason given for having counseling students receive some form of psychotherapy is?
9. Personal therapy for therapists can be instrumental in assisting them?
10. Regarding the role of values in the counseling process, it is most accurate to state?
11. If you have definite values in certain areas and are intent on directing your client toward your goals, ethical practice states?
12. Given an ethical dilemma with a client, which course would be the most ethical and professional for you to follow?
13. Culturally encapsulated counselors would be most likely to?
14. How is the silence of an ethnic minority client during the initial phase of counseling probably best interpreted?
15. What are considered essential skills of a culturally effective counselor?
16. What is considered essential knowledge for a culturally effective counselor?
17. What are the essential components of effective multicultural counseling practice?
18. In working with culturally diverse clients, it helps to understand and assess?
19. What are listed as guidelines for increasing your effectiveness in working with diverse client populations?
20. What are some realistic strategies for staying alive as a person and as a professional?
21. In becoming an ethical practitioner, the clear challenge is to?
22. According to the text, the challenge of providing for informed consent consists of?
23. Most ethical codes state that dual relationships?
24. What is Confidentiality and how is it important to counseling & therapy?
25. Under what circumstances must Confidentiality be breached and information be reported by practitioners?
26. What are guidelines for ethical practice in counseling and psychotherapy?
27. Under what circumstances should a therapist consult with colleagues or specialists?
28. Clients have a right to be informed about?
29. Both feminist therapists and postmodern therapists tend to view diagnosis as it is traditionally done as?
30. Among the ethical issues related to multicultural counseling are the problems of?
31. Evidence for postulating the concept of the unconscious includes?
32. The basic aim of psychoanalytic therapy is?
33. The "fundamental rule" for the client in psychoanalysis is?
34. Transference is viewed as?
35. The concept of resistance can best be described as?
36. What is the correct sequence of the psychosexual stages?
37. In Erikson's view, the major developmental tasks in infancy, early childhood, preschool age, school age, adolescence, young adulthood, middle age, and later life are?
38. Which of the following is true about ego psychology (as compared with id Psychology)?
39. What are the integral parts of Jung's view of development?
40. What is Countertransference and when does it occur?
41. "Maintaining the analytic framework" refers to?
42. In psychoanalytic therapy, how do clients work with their dreams?
43. What are some standard psychoanalytic techniques?
44. According to Adler, childhood experiences?
45. What is one's style of life?

46. In Adlerian counseling, the client/therapist relationship?
47. The purpose of examining a client's family constellation is?
48. The term "social interest" refers to?
49. What are the five basic tasks Adler says we must master?
50. What are the stages in Adlerian counseling?
51. The process of encouragement in Adlerian counseling includes?
52. Purpose of asking a client to give their earliest recollections?
53. Adlerians' view of the use of techniques in counseling?
54. Adlerian therapy as a *phenomenological orientation* means the therapist attempts to view the world from?
55. Bio and accomplishments of Alfred Adler?
56. When Adler spoke of individuality, he referred to?
57. "Fictional finalism" is an Adlerian term that refers to?
58. In helping clients to examine their mistaken goals and faulty assumptions, an Adlerian therapist uses?
59. When exploring a client's family constellation, what aspects of family life are assessed?
60. What is the Adlerian concept of "private logic"?
61. During the phase of analysis and assessment, the Adlerian therapist?
62. Reorientation, the fourth phase of Adlerian therapy, involves?
63. Ways that clients in Adlerian therapy are encouraged to change?
64. Who is credited with popularizing & extending Adler's work by applying Adlerian principles to group work?
65. What aspects of personality did Adler stress?
66. How does birth order typically influence a child's behavior?
67. What feelings are associated with birth order?
68. What life tasks did Adler teach must be successfully mastered?
69. The core of the Adlerian therapy experience consists of?
70. An Adlerian therapist would place special value on?

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NOTE: The above are mere guidelines. You are responsible for all assigned readings and lectures.