Psychology 460 - Counseling & Interviewing  
Final Exam – STUDY GUIDE

Multiple Choice  
Identify the letter of the choice that best completes the statement or answers the question.

1. Which therapy or approach one is not considered an experiential and relationship-oriented therapy?
   - A. Analytic therapy  
   - B. Gestalt therapy  
   - C. Client-centered therapy  
   - D. Humanistic therapy

2. The concept of the authentic counselor?
   - A. Transference  
   - B. Countertransference  
   - C. Self-awareness  
   - D.Empathy

3. In the text, characteristics of the counselor as a therapeutic person?
   - A. Warmth  
   - B. Competence  
   - C. Confidentiality  
   - D. Consistency

4. What best captures the spirit of the studies by researchers in identifying some traits of the effective counselor?
   - A. Empathy  
   - B. Competence  
   - C. Confidentiality  
   - D. Consistency

5. Personal therapy for therapists?
   - A. Necessary  
   - B. Optional  
   - C. Unnecessary  
   - D. Dependent on client

6. Strategies for staying alive as a person and as a professional?
   - A. Self-care  
   - B. Continuing education  
   - C. Support group  
   - D. Self-help

7. Challenges in becoming an ethical practitioner?
   - A. Confidentiality  
   - B. Competence  
   - C. Confidentiality  
   - D. Consistency

8. According to the text, the challenge of providing for informed consent?
   - A. Transparency  
   - B. Consent  
   - C. Confidentiality  
   - D. Consistency

9. Most ethical codes state that dual relationships?
   - A. Prohibited  
   - B. Permitted  
   - C. Conditional  
   - D. Encouraged

10. Confidentiality must be breached and information reported by practitioners when?
    - A. When the client requests it  
    - B. When it is in the best interest of the client  
    - C. When it is legally mandated  
    - D. When it is in the best interest of the profession

11. Under what circumstances should a therapist consult with colleagues or specialists?
    - A. When the client requests it  
    - B. When it is in the best interest of the client  
    - C. When it is legally mandated  
    - D. When it is in the best interest of the profession

12. Both feminist therapists and postmodern therapists tend to view traditional diagnosis?
    - A. Accept  
    - B. Reject  
    - C. Adjust  
    - D. Adapt

13. Ethical issues related to multicultural counseling?
    - A. Respect  
    - B. Competence  
    - C. Confidentiality  
    - D. Consistency

14. Evidence for postulating the concept of the unconscious?
    - A. Psychoanalysis  
    - B. Behaviorism  
    - C. Humanistic  
    - D. Cognitive

15. Concept of resistance can best be described?
    - A. Countertransference  
    - B. Transference  
    - C. Self-awareness  
    - D. Empathy

16. Ego defense mechanisms definitions (sublimation, compensation, introjection, reaction formation)?
    - A. Transference  
    - B. Countertransference  
    - C. Self-awareness  
    - D. Empathy

17. Correct sequence of the psychosexual stages?
18. Brief psychodynamic therapy (BPT) calls upon the therapist to?
19. The main function of the ego?
20. Erikson’s stages of psychosocial development?
21. According to Adler, childhood experiences?
22. Adler believed that human behavior is?
23. In helping clients to examine their mistaken goals and faulty assumptions, an Adlerian therapist uses?
24. During the phase of analysis and assessment, the Adlerian therapist?
25. Who popularized and extended Adler's work by applying Adlerian principles to group work?
26. What might the child feel based upon his/her birth order?
27. Life tasks that Adler life tasks that we must successfully master?
28. Which individuals are associated with the existential movement?
29. The basic goal of existential theory is?
30. The existential emphasis is based on?
31. Notion of authorship?
32. Existentialists view on experience of relatedness to other human beings?
33. Existential philosophers and their major concepts?
34. Central theme(s) running through the works of Viktor Frankl?
35. Central variable(s) related to progress in person-centered therapy?
36. Person-centered therapists have what attitudes, skills, techniques?
37. Contribution of the person-centered viewpoint?
38. Consistent theme that underlies most of Rogers's writings?
39. Person-centered therapy is best conceived as?
40. Person-centered approach has been applied to?
41. Person-centered research has been conducted predominantly on?
42. The basic goal(s) of Gestalt therapy?
43. A limitation(s) of Gestalt therapy?
44. Perls's concept of the five layers of neurosis?
45. In Gestalt therapy, the relationship between client and counselor is seen as?
46. Facts about Fritz Perls?
47. Gestalt view of the role of confrontation in therapy?
48. Definitions of Introjection, Projection, Retroflection, Confluence
49. What is (are) the contribution(s) of behavior therapy?
50. Limitation(s) of behavior therapy?
51. When Behavior therapy developed new concepts and methods that went beyond traditional learning theories and searched for new horizons?
52. Person(s) considered key pioneer(s) of clinical behavior therapy?
53. Behavior therapists tend to behave?
54. Most of the assertion-training methods are based on principles of:
55. Self-management strategies?
56. According to Meichenbaum, behavioral change?
57. REBT techniques and what they involve?
58. Meichenbaum’s self-instructional therapy?
59. Cognitive therapy techniques are designed to?
60. Differences & similarities in regard emphasis between Beck's cognitive therapy and Ellis's REBT?

61. Types of cognitive distortion?

62. Definitions of the different cognitive distortions?

63. Reality therapy is best described as?

64. Basics of reality therapy?

65. Reality therapy on mental illness and mental health?

66. Developing a plan in reality therapy?

67. Glasser on basic psychological needs?

68. Glasser on the cause of many of the problems of clients?

69. Characteristics of gender-biased theories?

70. Feminist principles?

71. Alternative to traditional diagnosis and assessment that is preferred by feminist therapists?

72. Strategies unique to feminist therapy?

73. Common assumptions between cognitive behavioral therapies and feminist therapy?

74. Constructs of feminist theory and how they differ from traditional theories?

75. Feminist perspectives on the development of personality?

76. True of both narrative therapy and solution-focused therapy?

77. Similarities & differences between narrative therapy and traditional therapy?

78. Techniques used in solution-focused therapy?

79. Two of the major founders of narrative therapy? Of solution-focused therapy?

80. Types of relationship(s) in solution-focused therapy?
81. Phases in narrative therapy?

82. From a social constructionist perspective, change begins with?

83. Interest(s) that social constructionists tend to share?

84. Narrative therapists attempt to (goals)???

85. Narrative therapists and "sparkling events?"

86. Concept of triangulation (who is associated with it)?

87. Major contribution(s) of Bowen's theory?

88. Key role (or roles) of most family therapists?

89. Roles and functions most atypical for a structural family therapist?

90. Key general movement of the multilensed approach to family systems therapy?

91. Concept of triangulation (how is it defined)

92. Different lens and the questions associated with them?

93. Different lens and the questions associated with them?

94. What best defines the focus of family therapy?

95. Different lens and the questions associated with them?

96. Which of the following approaches to therapy focuses on the unique style of life we create at an early age?

97. Orientation(s) that avoids exploring problems and focuses on creating solutions?

98. Key concept(s) of Gestalt therapy?

99. Major goals of reality therapy?

100. Technique(s) of Gestalt therapy, person-center therapy, existential therapy, reality therapy, and solution-focused therapy?