

Chapter 2—Ethics, Multicultural Competence, and the Positive Psychology and Wellness Approach

MULTIPLE CHOICE

1. Interviewers can predict that both they and their client will appreciate, gain respect, and learn from increasing knowledge in ethics and multicultural competence when the interviewer _____.
 - a. is an educated, qualified, and experienced professional
 - b. bases her behavior on an ethical approach with an awareness of diversity
 - c. is competent to address any and all multicultural issues
 - d. stays within the boundaries of multicultural guidelines and practice competencies

ANS: B PTS: 1 REF: Page 30
TOP: Module: The Ethical Foundations of Counseling and Psychotherapy

2. When you observe and practice ethically and follow professional standards, you can anticipate:
 - a. more liability in your practice.
 - b. the client will recognize your power position within the relationship.
 - c. increased client trust and understanding of the interview process.
 - d. negative issues of social justice because justice is blind.

ANS: C PTS: 1 REF: Page 30
TOP: Module: The Ethical Foundations of Counseling and Psychotherapy

3. Which of the following comes to mind in the case of Kendra?
 - a. Confidentiality
 - b. Counselor's competence
 - c. Diversity
 - d. All of the above

ANS: D PTS: 1 REF: Page 30-31
TOP: Module: The Ethical Foundations of Counseling and Psychotherapy

4. Ethical codes aid the helping process by :
 - a. teaching and promoting the basics of ethical and appropriate practice.
 - b. serving as a mechanism to improve practice.
 - c. protecting clients by providing accountability.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 31
TOP: Module: Ethics in the Helping Process

5. Ethical codes promote professional empowerment by assisting professionals and professionals-in-training to:
 - a. maintain good practices.
 - b. protect the client.
 - c. enhance the profession.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 31
TOP: Module: Ethics in the Helping Process

6. Which of the following are legitimate ethical codes?
- a. American Association of Marriage and Family Therapy (AAMFT) Code of Ethics
 - b. Psychological Association (APA) Ethical Principles of Psychologists and Code of Conduct
 - c. American Counseling Association (ACA) Code of Ethics
 - d. All of the above

ANS: D PTS: 1 REF: Page 31
TOP: Module: Ethics in the Helping Process

7. Interviewers need to have “education and training, supervised experience, state and national professional credentials, and appropriate professional experience.” This ethical standard relates primarily to:
- a. competence.
 - b. informed consent.
 - c. confidentiality.
 - d. diversity.

ANS: A PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

8. Counselors will practice only within the boundaries of:
- a. competence.
 - b. education, training, and supervision.
 - c. professional credentials appropriate professional experience.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

9. Counselors practice only within the boundaries of their competence based on:
- a. education and training.
 - b. supervised and appropriate professional experience.
 - c. state and national professional credentials.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

10. The need for appropriate supervision is most basic to which ethical area?
- a. Competence
 - b. Informed consent
 - c. Confidentiality
 - d. Power

ANS: A PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

11. _____ is the “cornerstone of the counseling relationship.”
- a. Trust
 - b. Warmth
 - c. Openness
 - d. Skill

ANS: A PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

12. HIPAA is the acronym for:
- a. Health Incorporated for Patients Assistance for Allstate.
 - b. Health Insurance Portability and Accountability Act.
 - c. Health Insurance for Patients from All Alliances.
 - d. Health Insurance Provided by Allstate to All.

ANS: B PTS: 1 REF: Page 33
TOP: Module: Ethics in the Helping Process

13. Which of the following is NOT a key element of HIPAA's Privacy Rule described in the book?
- a. Protected health information
 - b. Who is covered by the Privacy Rule
 - c. De-identified health information
 - d. All of the above

ANS: B PTS: 1 REF: Page 34
TOP: Module: Ethics in the Helping Process

14. Informed consent refers to:
- a. providing clients with clear and adequate information about what is happening in the interview and informing them about your own competence.
 - b. telling the client halfway through the interview about their rights.
 - c. too many people avoiding this critical issue.
 - d. honestly discussing multicultural difference between counselor and client.

ANS: A PTS: 1 REF: Page 35
TOP: Module: Ethics in the Helping Process

15. Informed consent means:
- a. informing your clients about your training and background and possible dual relationships.
 - b. going over the purposes, goals, limitations, and possible benefits of counseling.
 - c. obtaining permission to audiotape an interview.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 35
TOP: Module: Ethics in the Helping Process

16. As it relates to client rights and informed consent, which one of the following statements is FALSE?
- a. Throughout the counseling process as appropriate, counselors inform clients of goals, techniques, limitations, and risks and benefits.
 - b. Clients have the right to participate in counseling planning and the right to refuse services.
 - c. Clients are informed of the therapy plan outlined by an experienced therapist and follow it with little deviation.
 - d. Counselors make sure clients understand fee collection arrangements, record keeping, and limits to confidentiality.

ANS: C PTS: 1 REF: Page 35
TOP: Module: Ethics in the Helping Process

17. When does the counselor inform the client of purposes, goals, techniques, procedures, limitations, potential risks and benefits of the counseling process?
- a. At the beginning of the counseling relationship
 - b. After the client agrees to a counseling relationship
 - c. Every other session without fail

d. Before counseling begins and at any time conditions change or new issues are discovered

ANS: D PTS: 1 REF: Page 35

TOP: Module: Ethics in the Helping Process

18. Which of the following is an ethical imperative to accomplish when you are a trainee meeting with a new client for the first time?
- a. Prepare for the session carefully and go over your plan with the supervisor.
 - b. Review ethical standards and agency policy.
 - c. Inform your client that you are in training and give the client the supervisor's name.
 - d. Work with the policy of your agency on this issue and only inform the client if that is their policy.

ANS: C PTS: 1 REF: Page 35

TOP: Module: Ethics in the Helping Process

19. Which of the following statements is NOT true regarding the power relationship between client and counselor?
- a. Human services professionals are aware that in their relationship with clients, power and status are equal.
 - b. Power aspects of dual or multiple relationships may impair professional judgment.
 - c. The very act of helping has power implications.
 - d. Awareness of and openness to talking about power issues is an appropriate way to improve client relations.

ANS: A PTS: 1 REF: Page 35

TOP: Module: Ethics in the Helping Process

20. "How does it feel, being a woman, to talk to me about this issue, as I am a man?" Discussing this issue is part of the ethical area of:
- a. informed consent.
 - b. social justice.
 - c. competence (boundaries).
 - d. power.

ANS: D PTS: 1 REF: Page 37

TOP: Module: Ethics in the Helping Process

21. The concept that dual or multiple relationships [between a client and counselor] may lead to exploitation of clients and impair professional judgment is most closely related to which of the following issues?
- a. Privacy
 - b. Confidentiality
 - c. Power
 - d. Social Impact

ANS: C PTS: 1 REF: Page 37

TOP: Module: Ethics in the Helping Process

22. Dual relationships can be complicated primarily because of which type of ethical issue?
- a. Competence
 - b. Power
 - c. Social justice
 - d. Multiculturalism

ANS: B PTS: 1 REF: Page 37

TOP: Module: Ethics in the Helping Process

23. Dual relationships are virtually certain to exist in all BUT which of the following?
- a. Conducting a microskills practice session with a classmate
 - b. Conducting a microskills practice session with a family member
 - c. Conducting counseling with a person in your community of 1,000 individuals
 - d. Conducting counseling with a person in your community of 10,000 individuals

ANS: D PTS: 1 REF: Page 37

TOP: Module: Ethics in the Helping Process

24. Working with a friend of yours in a practice session presents the possibility of:
- a. making it difficult to keep things confidential.
 - b. their failing to understand informed consent issues.
 - c. having a more honest and open discussion than usually occurs.
 - d. dual relationships.

ANS: D PTS: 1 REF: Page 37

TOP: Module: Ethics in the Helping Process

25. A student intern in an agency helps a homeless client find a place to stay over the night and goes with that client to make sure they can get in. The supervisor feels this behavior is inappropriate and allows the client to get too close to the counselor. The supervisor feels that this is a violation of boundaries. The student's professor feels that the student made the right decision. The conflict between supervisor and professor's beliefs represents which of the following two key ethical issues?
- a. Informed consent vs. competence (boundaries)
 - b. Confidentiality vs. competence boundaries
 - c. Power vs. social justice
 - d. Social justice vs. competence boundaries

ANS: D PTS: 1 REF: Page 38 TOP: Module: Social Justice

26. Naming:
- a. is basic to work with traumatized clients.
 - b. helps normalize clients reactions.
 - c. has a calming effect.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 39

TOP: Module: Diversity and Multiculturalism

27. Blaming:
- a. is not needed in our work with traumatized clients.
 - b. has an upsetting effect in clients.
 - c. has a calming effect in clients.
 - d. all of the above.

ANS: B PTS: 1 REF: Page 39

TOP: Module: Diversity and Multiculturalism

28. Diversity and multiculturalism have become central to the helping professions. Which one of the following statements is a recognized ethical standard?
- a. Human service professionals provide services without discrimination or preference.
 - b. Human service professionals are knowledgeable about the cultures and communities within which they practice.

- c. Human service professionals are aware of their own cultural backgrounds and their potential for impact.
- d. All of the above.

ANS: D PTS: 1 REF: Page 40-41
TOP: Module: Diversity and Multiculturalism

29. Which one of the following statements is NOT true of multicultural competence?
- a. Every skill, strategy, and helping theory is examined for its cultural appropriateness.
 - b. Interviewers learn their own limitations in cultural expertise and seek supervision as necessary.
 - c. Helping professionals specialize and become proficient in single culture counseling and therapy.
 - d. Helping professionals make a lifelong commitment to learning the multicultural base of practice.

ANS: C PTS: 1 REF: Page 41
TOP: Module: Multicultural Competence

30. The Guidelines for Multicultural Competence focuses on:
- a. awareness, knowledge, and skills required for all practice, research, and training.
 - b. ethical statements for effective multicultural work.
 - c. an adopted set of absolute rules for counselors and psychologists.
 - d. culturally specific treatment methods.

ANS: A PTS: 1 REF: Page 41
TOP: Module: Multicultural Competence

31. "I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed." This is an example of:
- a. White privilege.
 - b. heterosexual privilege.
 - c. middle-class privilege.
 - d. male privilege.

ANS: A PTS: 1 REF: Page 42
TOP: Module: Multicultural Competence

32. "I am not taught to fear walking alone after dark in average public places." This is an example of:
- a. White privilege.
 - b. heterosexual privilege.
 - c. middle-class privilege.
 - d. male privilege.

ANS: D PTS: 1 REF: Page 42
TOP: Module: Multicultural Competence

33. "I have enough financial reserves that I can handle a major car problem without a large financial crisis." This is an example of:
- a. White privilege.
 - b. heterosexual privilege.
 - c. middle-class privilege.
 - d. male privilege.

ANS: C PTS: 1 REF: Page 42
TOP: Module: Multicultural Competence

34. "If I should move, I can be pretty sure that I can rent or purchase housing in an area that I can afford and in which I want to live." This is an example of:
- White privilege.
 - heterosexual privilege.
 - male privilege.
 - Christian privilege.

ANS: A PTS: 1 REF: Page 42

TOP: Module: Multicultural Competence

35. "If I am promoted, I can be confident that my co-workers won't think it was because of my gender." This is an example of:
- socioeconomic privilege.
 - White privilege.
 - female privilege.
 - male privilege.

ANS: D PTS: 1 REF: Page 42

TOP: Module: Multicultural Competence

36. Multicultural competence includes:
- awareness.
 - knowledge.
 - skills.
 - all of the above.

ANS: D PTS: 1 REF: Page 42

TOP: Module: Multicultural Competence

37. "Multicultural guidelines and competencies' Dimension 1: Be aware of your own assumptions, values, and biases." Based on this, which one of the following contributes to your ability to become more self-aware?
- Develop a specialty practice by immersing yourself in every detail of daily life for one or two cultural groups at a time.
 - Consider yourself as a cultural being and recognize your own limitations.
 - Rather than consider each client as unique, focus on the common behaviors that the person before you may have in common with the cultural group to which they belong.
 - Achieve complete multicultural knowledge through study and experience.

ANS: B PTS: 1 REF: Page 42

TOP: Module: Multicultural Competence

38. "Multicultural guidelines and competencies' Dimension 2: Understand the worldview of the culturally different client." According to this, which one of the following contributes to your ability to comprehend the worldview of diverse clients?
- Traditional approaches to counseling theory and skills apply with similar results to all cultural groups.
 - Your study and experiences will enhance your confidence in cross-cultural counseling.
 - If you hold inaccurate stereotypes, you must listen and learn respect for how your client interprets humanity and the world.
 - The impacts of socioeconomic factors and other oppressive forces may vary some among cultural groups, but overall the impacts are similar.

ANS: C PTS: 1 REF: Page 42

TOP: Module: Multicultural Competence

39. According to the authors, if your first helping lead seems to be ineffective with a culturally different client, you need to be ready to:
- explain what you are doing and try again.
 - say it again, but using different clearer words.
 - try another helping lead.
 - try silence as perhaps this client needs time to think and respond.

ANS: C

PTS: 1

REF: Page 43

TOP: Module: Multicultural Competence

40. Past research has found that _____ percent of minority clients do NOT return to counseling after a first session?
- 10%
 - 20%
 - 35%
 - 50%

ANS: D

PTS: 1

REF: Page 43

TOP: Module: Multicultural Competence

41. In cross-cultural counseling, try another helping lead with the client when:
- the first lead proves ineffective in producing the expected client response.
 - the client is slow to respond.
 - the client presents multiple topics of concern.
 - the original client issue has been resolved.

ANS: A

PTS: 1

REF: Page 43

TOP: Module: Multicultural Competence

42. Which is NOT an effective way to gain better understanding of those who are culturally different from you?
- Informing your clients that you will need to learn about their culture from them during the interview.
 - Visiting Pow-wows and other cultural celebrations.
 - Shadowing or going with a friend of a different culture through the day
 - Getting to know people different from you in a personal way.

ANS: A

PTS: 1

REF: Page 42-43

TOP: Module: Multicultural Competence

43. Multicultural guidelines and competencies expound on 3 dimensions; Dimension 3: Develop appropriate intervention strategies and techniques. Which one of the following contributes to your ability to develop appropriate intervention strategies and techniques?
- Create respect and trust by remaining politically correct at all times.
 - Expand your knowledge with traditional strategies and newer, diversity sensitive methods.
 - Use traditional counseling strategies proven appropriate over time.
 - Keep appropriate records and documentation of client therapy.

ANS: B

PTS: 1

REF: Page 43

TOP: Module: Multicultural Competence

44. Mark Pope, Cherokee Nation and Past-President of the American Counseling Association, noted all EXCEPT which of the following?

- a. Counselors are now being trained fully to meet multicultural competencies.
- b. We are all committed to the dignity and value of each individual.
- c. Each of us is a multicultural being.
- d. We need to address our own issues of prejudice.

ANS: A PTS: 1 REF: Page 44
TOP: Module: Multicultural Competence

45. Awareness, knowledge, skills, and action are:
- a. essential to master counseling skills.
 - b. key components of Ivey, Ivey, and Zalaquett's teaching model.
 - c. critical to work effectively with clients different from you.
 - d. all of the above.

ANS: D PTS: 1 REF: Page 45
TOP: Module: Multicultural Competence

46. Effective client interviews are built on all BUT which of the following choices?
- a. Professional ethics
 - b. Multicultural sensitivity
 - c. Accurate issue reporting
 - d. Finding specifics for client action

ANS: C PTS: 1 REF: Page 31-37
TOP: Module: Multicultural Competence

47. Which of the following is NOT true regarding a strength-based wellness model?
- a. The model builds on the client's strengths and assets.
 - b. The model emphasizes the individual origin of symptoms.
 - c. The model leads to a more egalitarian and empathic relationship in the counseling.
 - d. The model places the client in the role of an active and engaged agent.

ANS: B PTS: 1 REF: Page 45
TOP: Module: Making Positive Psychology Work Through a Strengths and Wellness Approach

48. Which of the following represents particularly important issues for beginning interviewers?
- a. Confidentiality, power, gender and racial topics, social justice, accurate reporting
 - b. Competence, power, client issues and concerns, analysis and documentation
 - c. Competence, informed consent, confidentiality, power, social justice, diversity
 - d. Informed consent, client issues and concerns, social justice, accurate billing

ANS: C PTS: 1 REF: Page 31-37
TOP: Module: Making Positive Psychology Work Through a Strengths and Wellness Approach

49. The initial stage of therapy includes a process that might be called exploration of resources. The counselor pays little attention to personality weaknesses and is most persistent in trying to locate ways of coping with anxiety and stress, already existing resources that may be enlarged and strengthened once their existence is recognized.

This is a description of ____.

- a. positive psychology
- b. a wellness approach
- c. Leona Tyler's 1961 "positive approach to change"
- d. an example of how to ignore client problems

ANS: C PTS: 1 REF: Page 46

50. Which of the following is NOT part of optimism?
- a. An expectation that things will work out
 - b. A sense of personal weakness
 - c. A belief that you will learn from difficulties
 - d. A belief in the future

ANS: B PTS: 1 REF: Page 46

TOP: Module: Optimism, Resilience, and the Brain

51. Which of the following is TRUE?
- a. Resilience is the actual ability to bounce back from difficulty.
 - b. Optimism is the actual ability to bounce back from difficulty.
 - c. Resilience is the imagined ability to bounce back from difficulty.
 - d. Optimism is not related to resilience.

ANS: A PTS: 1 REF: Page 47

TOP: Module: Optimism, Resilience, and the Brain

52. Which of the following is NOT one of Elaine Fox suggestions for clients with mildly pessimistic attitudes?
- a. Take power naps during the day.
 - b. Make a daily list of positive and negative events.
 - c. Aim for three positive experiences for each negative one.
 - d. Exercise every day.

ANS: A PTS: 1 REF: Page 47

TOP: Module: Optimism, Resilience, and the Brain

53. Which of the following illustrates the importance of neuroscience for counseling and therapy?
- a. Counseling can change the brain.
 - b. Stress has an impact on the brain.
 - c. Neuroscience support counseling work.
 - d. All of the above.

ANS: D PTS: 1 REF: Page 49

TOP: Module: The Brain, Stress, and the Wellness Approach

54. The HPA axis does NOT include:
- a. the thorax.
 - b. the hypothalamus.
 - c. the pituitary gland.
 - d. the adrenal glands.

ANS: A PTS: 1 REF: Page 49

TOP: Module: The Brain, Stress, and the Wellness Approach

55. The TAP axis does NOT include:
- a. the thorax.
 - b. the thalamus.
 - c. the anterior cingulate cortex.
 - d. the prefrontal cortex.

ANS: A PTS: 1 REF: Page 50

TOP: Module: The Brain, Stress, and the Wellness Approach

56. Which of the following is seen as the most basic emotion?

- a. Anger
- b. Fear
- c. Surprise
- d. Disgust

ANS: B PTS: 1 REF: Page 50
TOP: Module: The Brain, Stress, and the Wellness Approach

57. Which of the following statement is FALSE?

- a. Fear enables us to swerve to avoid an accident.
- b. Fear enables us to duck when a baseball heads toward our head.
- c. Fear enables us to jump when we score a point.
- d. Fear enables us to run when we see danger.

ANS: C PTS: 1 REF: Page 50
TOP: Module: The Brain, Stress, and the Wellness Approach

58. The prime storehouse of positive emotions is the:

- a. thalamus.
- b. amygdala.
- c. cingulate cortex.
- d. frontal cortex.

ANS: D PTS: 1 REF: Page 50
TOP: Module: The Brain, Stress, and the Wellness Approach

59. ____ has/have empirically identified 17 dimensions of wellness with very practical implications for helping interviewers and clients to assess strengths.

- a. Ivey and Ivey (2005)
- b. Myers and Sweeney (2004, 2005)
- c. Zalaquett (1991)
- d. Leona Tyler (1961)

ANS: B PTS: 1 REF: Page 51
TOP: Module: Assessing Client Wellness

60. The 17 empirical dimensions of wellness are used as a practical assessment for identifying client strengths. This assessment ____.

- a. is oriented toward optimal health and well-being, where body, mind, and spirit are integrated
- b. prevents you and your clients from engaging in behaviors that do not contribute to positive growth
- c. increases your chances to save somebody's ailing marriage by engaging the upset spouse in health improving activities
- d. none of these

ANS: A PTS: 1 REF: Page 51
TOP: Module: Assessing Client Wellness

61. Which of the following are described by the authors as contextual factors that we need to consider in client wellness assessment?

- a. Control, realistic thinking, and positive humor
- b. Family, neighborhood, and community

- c. Use of leisure, stress management, and exercise
- d. Spirituality, gender identity, and cultural identity

ANS: B PTS: 1 REF: Page 51

TOP: Module: Assessing Client Wellness

62. Which of the following statements best describes the application of the wellness approach?
- a. It is important to focus on and resolve client problems, issues and concerns; it is the reason they choose counseling.
 - b. Counseling, human services, psychology, and social work have a long tradition of helping clients solve problems.
 - c. Locate the ways clients cope with anxiety and stress, already existing resources that may be enlarged once their existence is recognized.
 - d. The field of psychology emphasizes the disease model and focuses on damage repair.

ANS: C PTS: 1 REF: Page 51

TOP: Module: Assessing Client Wellness

63. Which one of the following statements is true as it relates the Indivisible Self Model?
- a. A problem in one discrete element within the model impacts only that element.
 - b. A positive change in one discrete element within the model impacts only that element.
 - c. Any problem or positive change in one part of the total system affects all other parts of the system.
 - d. Only a positive change in one discrete element within the model will impact all other parts.

ANS: C PTS: 1 REF: Page 51

TOP: Module: Assessing Client Wellness

64. A wellness assessment that includes study of local issues such as community, larger institutions, and even global issues that affect the individual is considering:
- a. the individual client thinking on key issues that affect her or him.
 - b. contextual issues.
 - c. issues that are unimportant to client develop. It is essential to focus solely on the client in the session.
 - d. how to impart political opinions on the part of the counselor in an appropriate manner.

ANS: B PTS: 1 REF: Page 51

TOP: Module: Assessing Client Wellness

65. The wellness model refers to self-in-relationship, the person-in-community, and individual-in-social context. Which of the following is also true of the wellness model?
- a. Self is divisible; clients may work on issues independent of other issues.
 - b. Individuals have no impact on their surrounding context.
 - c. Any change in any part of self affects the total individual, but not others.
 - d. Any change in any part of self affects the total individual and others as well.

ANS: D PTS: 1 REF: Page 51

TOP: Module: Assessing Client Wellness

66. Which of the following is NOT a dimension of the wellness assessment?
- a. Spirituality
 - b. Gender identity
 - c. Social class identity
 - d. Cultural identity

ANS: C PTS: 1 REF: Page 51
TOP: Module: Assessing Client Wellness

67. Which of the following wellness dimensions or elements are you trying to assess when you ask, "What strengths do you draw from as a female or male?"
- a. The coping self
 - b. The social self
 - c. The essential self
 - d. The creative self

ANS: C PTS: 1 REF: Page 52
TOP: Module: Assessing Client Wellness

68. Which of the following wellness dimensions or elements are you trying to assess when you ask, "How well do you take normal precautions and avoid risky or harmful behavior?"
- a. Control
 - b. Work
 - c. Exercise
 - d. Self-Care

ANS: D PTS: 1 REF: Page 53
TOP: Module: Assessing Client Wellness

69. Which one of the following wellness dimensions or elements are you trying to assess when you ask, "Can you understand and support another's emotional experience and become attuned to the way this person experiences the world?"
- a. The creative self
 - b. The physical self
 - c. The essential self
 - d. The coping self

ANS: A PTS: 1 REF: Page 54
TOP: Module: Assessing Client Wellness

70. Paying attention to strengths in the client involves all EXCEPT which of the following language systems?
- a. Positive psychology
 - b. Wellness approach
 - c. Positive asset search
 - d. Drawing out the client's story fully and carefully

ANS: D PTS: 1 REF: Page 56
TOP: Module: Assessing Client Wellness

71. Emphasis on positives within counseling, human services, psychology, and social work may be known by all EXCEPT which of the following terms?
- a. Positive psychology
 - b. Concrete theoretical approach
 - c. Wellness approach
 - d. Positive asset search

ANS: B PTS: 1 REF: Page 56
TOP: Module: Assessing Client Wellness

72. Which of the following is the first step in the development of an intentional wellness plan?

- a. Summarizing wellness strengths
- b. Appraising areas for improvement
- c. Establishing one or two goals
- d. Contracting for action

ANS: A PTS: 1 REF: Page 56
TOP: Module: Assessing Client Wellness

73. Exercise is a recommended preventive treatment for:
- a. blood flow.
 - b. cognitions.
 - c. neurogenesis.
 - d. all of these.

ANS: D PTS: 1 REF: Page 57
TOP: Module: Assessing Client Wellness

TRUE/FALSE

1. “Do no harm to your clients; treat them responsibly with full awareness of the social context of helping” summarizes the essence of ethical codes.

ANS: T PTS: 1 REF: Page 31
TOP: Module: Ethics in the Helping Process

2. According to the Privacy Rule, one of the ways to de-identify information is by a formal determination by a qualified statistician.

ANS: T PTS: 1 REF: Page 34
TOP: Module: Ethics in the Helping Process

3. Dual relationships occur when the client is involved in multiple social relationships.

ANS: F PTS: 1 REF: Page 37
TOP: Module: Ethics in the Helping Process

4. There are two major types of social justice action mentioned in the book: action in the community and action in the session.

ANS: T PTS: 1 REF: Page 37-38 TOP: Module: Social Justice

5. The word *disorder* places the problem in the client and, as a result, external causes tend to be ignored in treatment.

ANS: T PTS: 1 REF: Page 39
TOP: Module: Diversity and Multiculturalism

6. PTSD places the cause in the client; PTSR places the cause in the environment.

ANS: T PTS: 1 REF: Page 39
TOP: Module: Diversity and Multiculturalism

7. Political correctness represents another type of naming and blaming.

ANS: T PTS: 1 REF: Page 39
TOP: Module: Diversity and Multiculturalism

8. *Worldview* is formally defined as the way you and your client interpret humanity and the world.

ANS: T PTS: 1 REF: Page 42
TOP: Module: Multicultural Competence

9. Developing awareness, knowledge, and skills is all you need to be an effective counselor.

ANS: F PTS: 1 REF: Page 44
TOP: Module: Multicultural Competence

10. Awareness, knowledge, and skills are meaningless unless you act.

ANS: T PTS: 1 REF: Page 44
TOP: Module: Multicultural Competence

11. We really don't know something until we practice and use it, and receive feedback.

ANS: T PTS: 1 REF: Page 44
TOP: Module: Multicultural Competence

12. The TAP is in charge of emotional regulation.

ANS: T PTS: 1 REF: Page 50
TOP: Module: The Brain, Stress, and the Wellness Approach

13. The amygdala is the primary storehouse of the less positive feelings such as sadness, anger, and surprise.

ANS: T PTS: 1 REF: Page 50
TOP: Module: The Brain, Stress, and the Wellness Approach

14. The left hemisphere is more associated with positive feelings of joy.

ANS: T PTS: 1 REF: Page 57
TOP: Module: Assessing Client Wellness

15. The right hemisphere is more associated with negative feelings.

ANS: T PTS: 1 REF: Page 57
TOP: Module: Assessing Client Wellness

16. Positive thoughts, used effectively in counseling, can override negative feelings.

ANS: T PTS: 1 REF: Page 57
TOP: Module: Assessing Client Wellness

17. Neuroscience research strongly supports a wellness and positive approach to counseling.

ANS: T PTS: 1 REF: Page 57
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ESSAY

1. The physical self, a dimension of wellness assessment, is not usually thought of as an area where interviewers and counselors ought to be working. Assume that you have done a wellness assessment and the client indicates this as an area where he or she needs further development. Can you identify some ways in which you could bring physical issues into your interviewing practice effectively?

ANS:

Answer not provided.

PTS: 1

2. There are 17 areas of the wellness plan and we will not ask you to name them all. Draw on your memory of at least five areas and indicate how each is related to the healthy person.

ANS:

Answer not provided.

PTS: 1

3. How would you go about helping a client establish an intentional wellness plan?

ANS:

Answer not provided.

PTS: 1

4. How can the *empathic relationship—story and strengths—goal—restory—action* model be implemented throughout using positive psychology and wellness concepts in the interview?

ANS:

Answer not provided.

PTS: 1

5. What is White privilege? Middle-class privilege? Male privilege? Please give two examples of each.

ANS:

Answer not provided.

PTS: 1

6. Define each of the following ethical issues and give a brief example of how they might affect your interview practice in this course.

Competence

Informed consent

Confidentiality

Power

Social justice

Diversity and multiculturalism

ANS:

Answer not provided.

PTS: 1

7. How can we ensure that counselors and interviewer become multiculturally competent? What specific areas do you see for yourself as needing further growth? How will you address these issues?

ANS:

Answer not provided.

PTS: 1

8. How could you use the RESPECTFUL model to enhance your multicultural skills?

ANS:

Answer not provided.

PTS: 1

9. List and describe the four dimensions of multicultural competence described in the book.

ANS:

Answer not provided.

PTS: 1

10. Explain the “knowing-doing” gap and the importance of action in counseling and therapy.

ANS:

Answer not provided.

PTS: 1