

Total Question: 480 QAs

1. A study measuring the IQ levels of a group of men, of differing ages, performed on a single day is most likely an example of:

- ☒ a. a cross-sectional study. **Correct**
- ☐ b. a longitudinal study.
- ☐ c. a stratified sample study.
- ☐ d. a systematic sample study.

A cross-sectional study involves a research study using people who are similar in all areas except the variable that is being studied. For instance, one might wish to measure the intelligence level of a group of people of differing ages. However, measuring the intelligence level of differing ages during the same year does not account for lifestyle issues, differing resources that were available to the older subjects vs. the younger ones, etc. This is one of the criticisms of cross-sectional studies. Longitudinal studies are often preferred because they measure a variable over the lifespan (or a number of years) of each particular subject.

2. Which of the following is TRUE of testing people with disabilities?

- ☐ a. Test scores administered under standardized and modified conditions are typically equivalent.
- ☐ b. General agreement exists on how tests should be modified for people with disabilities.
- ☒ c. There exists a need for a growing body of research related to the equivalency between tests administered under standardized and under modified conditions. **Correct**
- ☐ d. The presence of disabilities should not impact test results.

Tests administered using modified conditions may or may not yield results equivalent to those obtained using standardized conditions. There are no general agreements about how to modify tests for individuals with disabilities. Since testing individuals with disabilities is a fairly new concept, more research is needed to investigate equivalency of modified test administrations to standardized test administrations. Another topic of further consideration is how the test examiner will interpret results when a test has been modified.

**3. If a client with antisocial behavior begins to stroke the counselor's arm and hand suggestively during a session, which of the following is the most appropriate response?**

- ☐ a. "Stop touching me this instant! You know very well that is inappropriate behavior."
- ☐ b. "If you don't stop touching me immediately, you will lose all TV privileges."
- ☐ c. "Why are you touching me? What exactly are you trying to prove?"
- ☒ d. "Remove your hand. We are discussing your plan of care, and you don't need to touch me."

**Correct**

If a client with antisocial behavior begins to stroke the counselor's arm and hand suggestively during a session, the most appropriate response is "Remove your hand. We are discussing your plan of care, and you don't need to touch me." It is imperative that the counselor maintain boundaries and respond to inappropriate behavior firmly and assertively but should avoid expressing judgment or anger. The counselor should also avoid making threats in response to the behavior.

**4. Which of the following best describes norms?**

- ☒ a. They give meaning to a behavior sample **Correct**
- ☐ b. They provide a parallel form for comparison
- ☐ c. They indicate whether a test is reliable
- ☐ d. They tell whether a distribution of scores is normally distributed

The main purpose of norms is to provide meaning to test scores. A score of 100 means nothing if one doesn't know what receiving a score of 100 means. Norms provide a basis for comparison of scores against each other and against the standard. With knowledge of the standard, comparisons can be made. Answer B and C refer to concepts in reliability. Knowing whether a distribution is normal gives the test user information, but it does not provide information about the norms themselves.

5. Leisure activities are those activities that a professional career counselor:

- ☒ a. may also refer to as avocations. **Correct**
- ☐ b. never discusses with clients.
- ☐ c. describes as relaxing and done at work.
- ☐ d. describes as involving going on vacations.

The professional career counselor refers to leisure activities as those activities or hobbies with which a person is involved outside of work. These activities are referred to as avocations. A career counselor would discuss these activities with clients in order to better understand them.

6. An individual is given the Wechsler Adult Intelligence Scales (WAIS-IV) by a psychologist. When showing the client the results, the tester compares the client's score on the vocabulary subtest to his score on the digit span subtest and his score on the block design subtest, etc. This type of assessment is:

- ☐ a. norm-referenced.
- ☐ b. criterion-referenced.
- ☒ c. ipsatively interpreted. **Correct**
- ☐ d. cohort-referenced.

Ipsative interpretation means comparing multiple subtest results for one individual with themselves only with no comparison to other people's results. Norm-referenced means comparing the individual's score(s) to others. Criterion-referenced means comparing the individual's score to a preset criterion. The WAIS-IV measures a number of different aptitudes. In this example, the tester is comparing one individual's various scores on different subtests with each other, which is an ipsative interpretation.



7. A counselor is asked to evaluate a client for possible intellectual disabilities. The client achieves a score of 50 on the WAIS-IV. According to the DSM, what range does this place her in?

- ☐ a. Moderate to severe intellectual disabilities
- ☒ b. Mild to moderate intellectual disabilities **Correct**
- ☐ c. Mild to profound intellectual disabilities
- ☐ d. Severe to profound intellectual disabilities

The Diagnostic and Statistical Manual of Mental Disorders classifies intellectual disabilities in relation to Wechsler IQ scores. A score of 50 to approximately 79 indicates mild intellectual disability. Moderate intellectual disability is 35-55, with severe intellectual disability falling between the scores of 20 and 40. Profound intellectual disability is below 20 or 25. One can see by the overlap of the ranges that the number itself is not enough to make a determination. A number of factors besides the subject's score must be taken into consideration in determining the subject's true level of impairment, such as communication skills, self-care, and self-direction, to name just a few.

8. Who developed the archway model of self-concept determinants?

- ☐ a. John Holland
- ☐ b. Linda Gottfredson
- ☒ c. Donald Super **Correct**
- ☐ d. John Krumboltz

Donald Super developed the archway model as a graphic depiction of the many factors that determine an individual's self-concept. One pillar of the arch corresponds to internal variables such as aptitudes, interests, needs, and accomplishments. The other pillar represents external factors such as family, community, and the work market. The arch between the pillars is the self. John Holland developed a typology identifying six modal personality orientations. He also created the Vocational Preference Inventory and the Self-Directed Search for determining a person's predominant Holland personality type. Linda Gottfredson created a developmental theory of careers in the 1980s called "circumscription and compromise" which emphasizes vocational self-concept. John Krumboltz was responsible for the learning theory of career counseling (LTCC) which is based on Albert Bandura's social learning theory.

9. The treatment for a 26-year-old female client with bulimia nervosa sets limits regarding the client's eating habits. Which of the following limits is counterproductive?

- ☐ a. Requiring the client to eat in the dining room
- ☐ b. Asking the client to keep a food diary
- ☐ c. Discussing reactions to different types of food
- ☒ d. Assigning daily "grades" for compliance with eating limits **Correct**

If the treatment for a 26-year-old female client with bulimia nervosa sets limits regarding the client's eating habits, the limit that is counterproductive is assigning daily "grades" for compliance with eating limits as this may be viewed as punishment, especially if the client's grades are low. A better approach is to use positive reinforcement when the client does well. Other reasonable limits include requiring the client to eat in the dining room, keep a food diary, discuss reactions to different types of food, and stay out of the bathroom for 2 hours after eating.

10. According to Carl Rogers, \_\_\_\_\_ is love and support given to another with no strings attached.

- ☐ a. the condition of worth
- ☒ b. unconditional positive regard **Correct**
- ☐ c. existentialism
- ☐ d. self-actualization

Unconditional positive regard is central in client-centered counseling. Carl Rogers emphasized personal warmth, empathy, acceptance, and genuineness when he described his approach. He focused on giving support and providing total acceptance without limits. Conditions of worth are in direct opposition to what Rogers believed. Existentialism and self-actualization are not associated with Carl Rogers in any way.

11. Which term does NOT fall under the “appraisal” process?

- ☐ a. Group testing
- ☐ b. Individual testing
- ☐ c. Clinical observation
- ☒ d. Clinical intervention **Correct**

Appraisal can be any means by which a counselor assesses the client. Sometimes the assessment may be in the form of an IQ test, mental status exam, psychodynamic evaluation, group test, or even just clinical interview and observation. Testing can be used to aid the client in choosing a career, point toward possible psychological disorders, or place a child in an appropriate class (given intelligence level or disabilities). Appraisal is simply a way to collect information about the client so that the counselor can be more effective in the therapeutic relationship. Interventions occur following the appraisal process.

12. A client who is devoutly religious and believes her disability is punishment for sins may benefit most from which of the following?

- ☐ a. Self-help groups
- ☒ b. Pastoral counseling **Correct**
- ☐ c. Self-help literature
- ☐ d. Psychotherapy

A client who is devoutly religious and believes her disability is punishment for sins may benefit most from pastoral counseling because a pastor who is trained as a therapist may help the client balance religious and health beliefs in a more realistic manner. Pastoral counselors often carry out both psychological and spiritual counseling, providing the client with the support of the faith community. Pastoral counselors may represent many different faiths and branches of religions.



13. A counselor wants to make sure that the test she is using provides the same scores for people when they retake the test a month later. What should the counselor look for when reviewing the test manual?

- ☐ a. Alternate or parallel-forms reliability
- ☐ b. Split-half reliability
- ☐ c. Scorer reliability
- ☒ d. Test-retest reliability **Correct**

Alternate or parallel forms of reliability involve giving two different versions of the same test to the same group of people. If the test is reliable, there will be very little difference between the scores received on both tests. Split-half reliability involves dividing a test into two parts and comparing the scores on the first part with the scores on the second part. If the test is internally consistent, the scores on each half of the test will be nearly identical. Scorer reliability is used when two or more individuals score the same test. If the test has scorer reliability, each scorer scores nearly all the items on the test the same way. Test-retest reliability involves obtaining nearly identical scores on the same test even when the test is given at a later date.

14. What is accreditation?

- ☐ a. A process whereby a counselor becomes certified or licensed to practice therapy
- ☐ b. A process whereby a researcher receives credit for his or her work in a publication
- ☒ c. A process whereby an institution or program receives public recognition for meeting standards **Correct**
- ☐ d. A process whereby a doctoral student is credited for earning a counseling degree

Accreditation is what an institution receives when it meets certain established standards or qualifications. Colleges, universities, and specialized programs of study may receive accreditation via regional agencies of the US Department of Education; health care facilities are accredited via the Joint Commission (formerly JCAHO). Accreditation is granted only to an institution or a program and not to individuals.

15. A couple who each have children from previous marriages are planning to marry. During premarital counseling, which of the following statements is of most concern?

- ☒ a. Male: "I've already told my children that they have a new mother and they are to call her 'Mom.'"
- ☐ b. Female: "All of the different custody agreements are going to be confusing at first."
- ☐ c. Male: "I don't think I can have the exact same feelings for a stepchild as I do a biological child."
- ☐ d. Female: "My children still love their father, so they may have some problem adjusting."

Correct

If a couple who each have children from previous marriages are planning to marry and during premarital counseling the male states, "I've already told my children that they have a new mother and they are to call her 'Mom,'" this is the cause for most concern because he is attempting to force the children to replace their biological mother rather than allowing time for a relationship to form with the stepmother. Being realistic about custody agreements, feelings, and children's relationship with biological parents is important so that these issues can be discussed in order to prevent later conflicts.

16. When completing the client assessment and developing the plan of care with a client with an eating disorder, it is especially important to ask the client about which of the following?

- ☐ a. Motivation to change behavior
- ☒ b. Self-injurious behavior
- ☐ c. Sexual dysfunction
- ☐ d. Goal for weight

Correct

When completing the client assessment and developing the plan of care with a client with an eating disorder, it is especially important to ask the client about self-injurious behavior. Clients with eating disorders often engage in superficial self-mutilating behaviors, such as cutting, burning, and hair pulling, and these actions may increase as an outlet for the client's emotional distress as the eating disorder is controlled. All clients with eating disorders should be screened for self-injurious behavior and should be monitored carefully during therapy.



17. The counselor is conducting vocational assessment of a client with disabilities, beginning with the initial rehabilitation assessment. Which of the following should the counselor do next?

- ☐ a. Workplace assessment
- ☒ b. Functional capacity evaluation **Correct**
- ☐ c. Physical conditioning assessment
- ☐ d. Risk assessment

A vocational assessment usually has a number of steps, beginning with the initial rehabilitation assessment and followed by a functional capacity evaluation. The next steps include a physical conditioning assessment and vocational assessment and then functional education and physical conditioning to prepare for work. Once a vocation is selected, then a workplace assessment, an ergonomic assessment and risk assessment are carried out. The last steps may include vocational counseling, labor market analysis, on-the-job training and job search and placement assistance.

18. The resolution of conflicts and breaking out of destructive habits are the primary goals of:

- ☐ a. family therapy.
- ☐ b. existential therapy.
- ☐ c. psychodynamic therapy.
- ☒ d. couples therapy. **Correct**

Couples therapy focuses most specifically on conflicts and breaking out of destructive habits. Family therapy may touch on these issues but is more largely focused on the family as a system and the interrelationships within. Existential and psychodynamic therapies do not address breaking out of destructive habits, although psychodynamic therapy may address unresolved conflicts.

**19. What is the female version of Freud's Oedipus complex?**

- ☐ a. The Superego
- ☒ b. The Electra complex **Correct**
- ☐ c. There isn't a female version
- ☐ d. The Id

In Sigmund Freud's theory of psychosexual development, the Oedipus complex and Electra complex take place in the Phallic Stage. It is during this stage of development that the child faces the greatest sexual conflict. These two complexes refer to the child's unconscious desire to possess the opposite-gender parent and eliminate the same-sex one. The natural love of child for parent moves toward a sexual energy in the Phallic Stage, thus changing the dynamics of the relationship. This desire remains unconscious; it is repressed.

**20. What is NOT true of HIPAA?**

- ☒ a. It is a law that varies from state to state **Correct**
- ☐ b. It protects the privacy of patient records
- ☐ c. It regulates the sharing of information
- ☐ d. It regulates electronic insurance claims

HIPAA, the Health Insurance Portability and Accountability Act, is a national law and does NOT vary from one state to another. It dictates standards for protecting the privacy of patient information in the health industry, including records of psychotherapy. It regulates the transmission of patients' or clients' records, and the exchange of information for insurance claims whether or not electronically transmitted.

**21. Regression is all of the following except:**

- ☐ a. A Freudian concept
- ☐ b. A defense mechanism
- ☐ c. A psychoanalytic concept
- ☒ d. A rational emotive therapy **Correct**

Regression is a defense mechanism theorized by Sigmund Freud. Freud believed that some people, when confronted with high levels of stress, may regress to a prior time in their lives when they felt safe and protected. Many times, this regression may be to an earlier psychosexual stage in which the client is now fixated. For example, an individual who was fixated at the oral stage may regress to sucking his thumb when faced with the extreme stress of a terminal illness diagnosis. The defense mechanism works for the client because the thumb-sucking reduces the client's stressful feelings.

**22. Who is best known for the terms "collective unconscious" and "archetypes?"**

- ☐ a. Alfred Adler
- ☐ b. Sigmund Freud
- ☒ c. Carl Jung **Correct**
- ☐ d. Aaron Beck

Jung coined these terms. He believed the collective unconscious is determined by the evolution of the human species, and that it contains universal brain response patterns he called archetypes. Adler was known for emphasizing birth order as a psychological influence, and he used the term "family constellation." Freud is famous for coining the terms id, ego, and superego as the basic personality structures. He also contributed many other terms, such as "ego defense mechanisms," "repression," "sublimation," "projection," "introjection," "reaction formation," etc. Aaron Beck coined the term "automatic thoughts" which are similar to Freud's "preconscious."



23. A depressed client continually refers to thoughts of being inferior and unworthy of love, and chooses self-destructive behavior as a result. The counselor believes that changing her thought process will alter or eliminate her depression. What type of therapy is being utilized?

- ☐ a. Operant conditioning
- ☐ b. Psychoanalysis
- ☒ c. Rational-emotive therapy (RET) **Correct**
- ☐ d. Aversive conditioning

Albert Ellis developed rational emotive therapy (RET) in the mid-1950s. He believed that, in many cases, people are unhappy, and choose negative behaviors because of irrational thought processes. He felt there were three types of unrealistic views: people feel they must perform well to be approved of by others, must be treated fairly by others, and must have things go their way...or they will be unhappy. The RET therapist works to change irrational beliefs and promote rational self-talk. The therapist will challenge irrational thoughts and even assign homework to aid in combating irrational thinking and promote positive thoughts, feelings, and behaviors.

24. Arnold Gesell believed that:

- ☒ a. development was genetically pre-ordained and realized via maturation. **Correct**
- ☐ b. development was differentially influenced via environmental conditions.
- ☐ c. development resulted from a combination of genetics and environment.
- ☐ d. development could be realized via nature or nurture, depending on the individual.

Arnold Gesell was a maturationist who believed that given a normal environment a child's growth and development were predetermined by genetic makeup. He felt that children developed in a predictable, orderly way with little influence from the environment including the parents. A belief that development is most influenced by the environment would be akin to the position of a behaviorist. There are many other theories that hold that development is the product of both nature and nurture, but Gesell's was not one of them. The position that development is primarily influenced by either one or the other would be unusual for most developmental theories, which tend to apply their beliefs about development more uniformly to the majority of human beings.

**25. In an experiment, what is the “independent variable”?**

- ☒ a. The experimental factor **Correct**
- ☐ b. The element that is measured and observed
- ☐ c. The variable that depends upon what happens to the experimental subjects
- ☐ d. The variable that determines causation

An independent variable is the experimental factor in an experiment. It is the element in the experiment that is changed or manipulated. By contrast, the dependent variable in an experiment is the one that is measured, and watched in relation to what is done with the independent variable. If the dependent variable is changed by the manipulation of the independent variable, one might conclude that the independent variable had an effect upon the dependent variable. Of course, one must still determine if one actually caused the other.

**26. What is empathy?**

- ☐ a. A type of projection
- ☒ b. A way to experience the world as the client does **Correct**
- ☐ c. A way to feel what oneself would feel in the client's situation
- ☐ d. Feeling the same feelings that the client has

Empathy is a critical tool in counseling because it assists the counselor in understanding the internal workings of the client's mind. It's important to note that the term “empathy” (when used in relation to therapy), does not have the same meaning as it does in general use. Empathy does not refer to feeling the same feelings as the client, or having sympathy for the client. Rather, it's a way to experience the world as the client does, and thus gain a deeper understanding of the client's thoughts and feelings.

27. The bond of confidence and mutual understanding established between therapist and client is called the:

- ☐ a. therapeutic window.
- ☒ b. therapeutic alliance. **Correct**
- ☐ c. clubhouse model.
- ☐ d. window of opportunity.

A therapeutic alliance is the bond of confidence and mutual understanding established between the counselor and client. The clubhouse model and window of opportunity have nothing to do with counseling. The therapeutic window normally describes a range of time or dose of medication at which positive effects of a specific intervention will be noticed.

28. Which of the following is NOT considered a specialty counseling certification from the National Board for Certified Counselors, Inc. (NBCC)?

- ☐ a. National Certified School Counselor (NCSC)
- ☐ b. Certified Clinical Mental Health Counselor (CCMHC)
- ☐ c. Master Addictions Counselor (MAC)
- ☒ d. National Certified Counselor (NCC) **Correct**

The NCC certification is considered a generic counselor certification. NCSC, CCMHC, and MAC are all specialty counselor certifications that may be obtained from the NBCC following certification of the NCC credential.

29. Gilbert Wrenn's book *The Counselor in a Changing World* (1962) stressed the role of the counseling profession as being focused on:

- ☐ a. neurotic needs.
- ☐ b. collective (group) needs.
- ☒ c. developmental needs. **Correct**
- ☐ d. individual needs.

Wrenn stressed developmental needs as the focus of the counseling profession. Developmental needs are normal and hence not necessarily neurotic. He did not emphasize needs of the group over those of the individual or vice versa.



### 30. What is proxemics?

- ☐ a. The idea that proximity impacts psychosis
- ☒ b. The study of proximity **Correct**
- ☐ c. The ability of one individual to act as proxy for another
- ☐ d. The study of conducive therapeutic environments

Proxemics is the study of proximity. It refers to personal and interpersonal space and territoriality. Proxemics studies how an individual's proximity to others and things impacts that individual. The term was introduced by the anthropologist Edward Hall in 1966. He found there were measurable distances between people based upon specific circumstances and interactions. Proxemics defines certain types of space: fixed-feature, semi-fixed feature, and informal space. It also defines intimate, personal, social, and public distances, as well as specifying a variety of behavioral categories.

### 31. What did passage of the Smith-Hughes Act accomplish?

- ☐ a. It provided money to fund the training of school counselors
- ☒ b. It granted federal funds for vocational education and guidance **Correct**
- ☐ c. It required the licensure of marriage, family, and child counselors
- ☐ d. It greatly expanded the counseling services to veterans in the VA

The Smith-Hughes Act (1917) granted federal funds for vocational education and guidance. The National Defense Education Act (1958) provided money for the training of school counselors. California passed a law in 1962 requiring that marriage, family and child counselors must be licensed. Counseling services to veterans in the Veterans Administration expanded following World War II.

32. Which of the following statements by a client in cognitive behavioral therapy for major depressive disorder suggests that the client, who is experiencing negative thoughts, is applying principles learned in therapy?"

- ☐ a. "I know I need to change because I feel so worthless all the time."
- ☒ b. "I can't fix this situation, so I'm going to think about taking a vacation." **Correct**
- ☐ c. "I should have known better than to think I could fix this situation."
- ☐ d. "I want to feel better about this situation."

The statement by a client in CBT for major depressive disorder suggesting that the client is applying principles learned in therapy is, "I can't fix this situation, so I'm going to think about taking a vacation." One of the goals of CBT is to help clients to think differently about situations and to use thought-stopping exercises when they begin to obsess over problems, such as a situation they can't fix. Clients use imagery, such as imagining taking a vacation, to help to have more positive thoughts.

33. One of the differences between individual therapy and family therapy is that family therapists believe that:

- ☐ a. family members act entirely independently of one another.
- ☐ b. problems typically involve only one person.
- ☒ c. causality should be understood as a circular process rather than a linear one. **Correct**
- ☐ d. an individual should withdraw from the family dynamic before trying to address issues.

Unlike individual therapy, family therapy believes that one family member's behavior influences all other members' behavior in a circular manner. What one person in the family does affects everyone else. Family members do not act independently of one another. Problems concern everyone, not just one person. The linear model of causality reflects individual therapy. An individual's behavior causes something to occur independent of other factors.

34. Giving a negative consequence every time an unwanted behavior occurs could be considered all of the following EXCEPT:

- ☐ a. behavioral therapy.
- ☐ b. operant conditioning.
- ☐ c. punishment.
- ☒ d. positive reinforcement. **Correct**

The basic idea behind operant conditioning is that the consequences of behaviors have an effect on the individual's choice to engage in those behaviors. There are four types of operant conditioning, two of which weaken behaviors, and two of which can strengthen it. Punishment is one type of operant conditioning that weakens the behavior. Put simply, it involves giving a negative consequence every time the behavior occurs. For example, a client who wishes to stop swearing may snap a rubber band on his wrist whenever he swears. The sharp, uncomfortable sensation of the snap, as well as the embarrassment of snapping the wrist in public, pairs a negative consequence with the behavior of swearing. The negative consequence may cause the unwanted behavior to eventually cease.

35. One of Meichenbaum's three stages of "stress inoculation" focuses on:

- ☐ a. the relationship between the client and meaningful work
- ☐ b. mastering the hierarchy of needs
- ☒ c. skills acquisition **Correct**
- ☐ d. the relationship between the client and their family

Donald Meichenbaum's stress inoculation training (SIT) was developed to help individuals cope with the aftermath of stressful events, and also to serve to "inoculate" people against future stressful reactions. There are three stages to SIT. In the initial "conceptualization" stage, the focus is on the relationship between client and counselor. "Skill acquisition" and "rehearsal" are the focus of the second stage of SIT, which teaches coping skills to the client. The third stage of "application" and "follow through" deals with, as stated, the application of the techniques learned. SIT can be conducted with individuals, couples, or groups.



36. Which of the following is correct regarding either norm-referenced tests or criterion-referenced tests?

- ☐ a. Norm-referenced tests show what knowledge an individual has
- ☐ b. Criterion-referenced tests show an individual's rank in the group
- ☐ c. Criterion-referenced tests compare an individual's score to others
- ☒ d. Norm-referenced tests compare an individual's score to others **Correct**

Norm-referenced tests compare the individual to others who took the same test. How one compares with others is more important in norm-referenced testing than how much one knows. Criterion-referenced tests compare one's score to an established criterion, such as the cut-off score on the CPCE; they do not rank a score within a group. They also do not compare one's score to others as norm-referenced tests do.

37. Who established the very first psychological laboratory in history?

- ☒ a. Wilhelm Wundt **Correct**
- ☐ b. Sigmund Freud
- ☐ c. Jesse Davis
- ☐ d. Clifford Beers

Wundt established the first psychological laboratory in 1879. Sigmund Freud first used psychoanalysis to treat mental illness in 1890. Jesse Davis first began work as a counselor in a Detroit high school in 1898. Clifford Beers exposed conditions in mental health institutions in his book *A Mind That Found Itself*, published in 1908.

**38. Which pair seems to go together?**

- ☐ a. Roe and Holland
- ☐ b. Holland and Krumboltz
- ☒ c. Roe and Hoppock **Correct**
- ☐ d. Roe and Krumboltz

Hoppock and Roe are classified as developmentalists when it comes to career choices. They believe that early development and early experiences have a large impact on career choice. Krumboltz is a behaviorist and does not ascribe to early development an influence on career choice. Holland believes that environment interacts with personality characteristics when one chooses a career. Krumboltz and Holland believe that the environment plays a role in career choice, but Krumboltz looks at learning, not personality.

**39. Who developed transactional analysis (TA) and “life scripts”?**

- ☐ a. Sigmund Freud
- ☒ b. Eric Berne **Correct**
- ☐ c. Eric Erikson
- ☐ d. Alfred Adler

Eric Berne is a psychologist who formulated a “life script” theory that addresses personality development and interpersonal relationships. The theory states that people form a life script early in their childhood years that sets the stage for how their future will develop. Individuals make decisions in their early life to live their life in a particular way as a means to ensure survival (based upon a number of considerations such as parental, social, and cultural). Transactional analysis (TA) is a psychotherapy used to make changes to an individual's life script in order for a happier, healthier life to develop.

40. Which of the following are the four essential components of informed consent before a client can make a decision about care?

- ☐ a. Competence, disclosure, options, and voluntarism
- ☐ b. Competence, comprehension, non-coercion, and disclosure
- ☐ c. Voluntarism, competence, non-coercion, and disclosure
- ☐ d. Voluntarism, competence, disclosure, and comprehension **Correct**

The four essential components of informed consent before a client can make a decision about care are:

- **Voluntarism:** The client must be free to make the decision without coercion, manipulation, or threats although persuasion may be utilized.
- **Competence:** The client must be mentally competent enough to make decisions.
- **Disclosure:** The healthcare provider must provide full disclosure about treatment, including what comprises the treatment, any alternate options, and the purpose.
- **Comprehension:** The client must be able to understand the implications of treatment.

41. At a dinner party, the counselor encounters a client and, in the presence of four other guests at the party, the client tells the counselor that he feels guilty because he committed a serious crime. Which of the following best describes whether this is privileged communication or not?

- ☐ a. Yes, because they have a client-counselor relationship already established
- ☐ b. No, because the communication was made in the presence of others **Correct**
- ☐ c. No, because the client committed a crime
- ☐ d. Yes, because the client did not specifically say the communication was not privileged

If, at a dinner party, the counselor encounters a client and, in the presence of four other guests at the party, the client tells the counselor that he feels guilty because he committed a serious crime, the communication is not privileged because the client made the confession in front of other guests so there was no expectation of confidentiality. Communication is privileged if the other person present has been granted the right, in writing, to be present, such as a family member or attorney.