## Total Question: 200 QAs

1. Researchers examining teen dating and relationships consider peer influences, personal beliefs, and environmental factors. This is known as:
a. The zone of proximal development
b. The pleasure principle
c. Reciprocal determinism Correct
d. Psychological hedonism

The influence of peer relationships, personal beliefs, and environmental factors is known as reciprocal determinism. Reciprocal determinism is the foundational concept of Bandura's social learning theory, or social cognitive theory (SCT). SCT has been used along with attachment theory, interpersonal theory, and feminist theory to study factors related to adolescent dating and relationships. Lev Semyonovich Vygotsky used the term zone of proximal development to describe the difference between what a child does independently and what they can do with help. This concept is used to explore ways to teach reading, writing, and other language skills. Sigmund Freud used the term pleasure principle when explaining the role of the id in personality development. Psychological hedonism states that all human behavior is dictated by actions directed toward attaining pleasure or avoiding pain.
2. Who is noted for conducting the "strange situation" experiment, which expanded on Bowlby's concept of attachment?
a. Lev Semyonovich Vygotsky
b. Mary Ainsworth Correct
c. Lawrence Kohlberg
d. John Watson

Mary Ainsworth is known for conducting the "strange situation" experiment to expand Bowlby's concept of attachment. The experiment tested infants' reactions after a brief separation from their mother, as well as their response after they were left with an unfamiliar person. Lev Semyonovich Vygotsky emphasized the importance of contextual influences and their influence on language development. Lawrence Kohlberg is known for this theory of moral development. Finally, John Watson was a behavioralist known for his "little Albert" experiment.
3. Edgar Schein used which of the following terms to explain an individual's perception of their own values, skills, abilities, and interests in regard to work?
a. Active adjustments
b. Career anchors Correct
c. Career congruence
d. Life role salience

Edgar Schein used the term career anchor to explain an individual's perception of their own values, skills, abilities, and interests in regard to work. Schein's eight career anchors include technical competence, general managerial competence, autonomy/independence, security/stability, entrepreneurial, service/dedication to a cause, challenge, and lifestyle. Active adjustment is a concept in the theory of work adjustment. Active adjustment refers to an employee's effort to change jobs or occupations if one's ability is not reflected in their current role. Career congruence, a concept developed by John Holland, describes the positioning of career types on a hexagon. Careers that are congruent are similar and are located near one another. Finally, life role salience is defined by Donald Super as the importance or meaning given to one's career and life role, including roles in which an individual derives the most meaning.
4. A counselor conducts separate individual therapy sessions with a parent as well as their child. This configuration reflects which of the following modalities?
a. Collaborative therapy
b. Combined therapy
c. Conjunctive therapy
d. Concurrent therapy Correct

Concurrent therapy occurs when counselors provide separate therapy sessions to family members or couples. This modality is helpful in high-conflict families and provides insight into each individual's motives, strengths, and capacity for change. Collaborative therapy is a treatment modality involving two or more counselors providing services to a single family member. Combined therapy is used when a client simultaneously participates in two or more forms of therapy (e.g., individual, group, family, or couple). Conjunctive therapy is not the name of a therapeutic modality.
5. Which approach emphasizes the integration of mind and body through an awareness of the present moment?
a. Gestalt Correct
b. Freudian
c. Adlerian
d. Cognitive-behavioral

Gestalt therapists emphasize the integration of mind and body through an awareness of the present moment. For gestalt therapists, wholeness involves the integration of one's cognitive, emotional, and behavioral factors. Freudian therapists consider the unconscious as the primary determinant of behavior and emphasize the significance of early childhood experiences. Adlerian therapists emphasize the importance of social connection and achieving a purposeful, goal-oriented lifestyle. One's lifestyle is examined in the context of multiple factors, including systemic racism, gender, religion, and sexual orientation. Cognitive-behavioral approaches examine how patterns of thinking impact how one feels and behaves.
6. A counselor leads a process group for individuals with depression. The group is engaged in therapeutic exercises, and the counselor also provides psychoeducation on antidepressant medication. During the initial phase of group development, which therapeutic factor is likely to emerge?
a. Altruism
b. Imparting information Correct
c. Cohesiveness
d. Catharsis

The counselor conducting a process group with a psychoeducational component will likely note the therapeutic factor of imparting information during the initial phase of group development. For this group, imparting information can help to clear up potential misconceptions related to medication for depression and enhance members' knowledge about the diagnosis. Altruism, cohesiveness, and catharsis are more likely to occur after the initial phase of counseling. Altruism is evoked when members help one another work together toward a common goal. Cohesiveness is a group's sense of "we-ness." Generally, it emerges after the transitional stage of group development, when group conflict is lessened and norms are established and followed. Catharsis releases pent-up emotions and is more common in psychodrama or other psychoanalytic groups.
7. Which of the following serves as an initial coping mechanism when experiencing grief and loss?
a. Anger
b. Depression
c. Denial Correct
d. Bargaining

Denial occurs when individuals experience shock and disbelief over the loss of a loved one. The experience is so overwhelming that it cannot be experienced all at once. Denial serves as a protective or coping mechanism during the initial stage of grief and loss. Elizabeth Kubler-Ross's five stages of grief are denial, anger, bargaining, depression, and acceptance. Individuals in the anger stage of grief may blame others or believe that the circumstances surrounding the death were unfair. The depression stage of development involves sadness and loss. Finally, individuals in the bargaining stage may try to make a deal with a higher power to have a better or different outcome
8. Which of the following is based on the assumption that individuals have an innate desire for close personal relationships and are motivated to engage in behaviors that promote autonomy and selfefficacy?
a. Self-fulfilling prophecy
b. Self-growth model
c. Self-actualization process
d. Self-determination theory Correct

Self-determination theory is based on the assumption that people are motivated by competence, connection, and autonomy, which are all required to achieve psychological growth. The self-fulfilling prophecy is used to make future predictions and then act in ways that guarantee the prediction comes true. Self-growth is the process in which counselors learn about themselves to promote personal growth and enhance professional effectiveness. Self-actualization is a term used by Abraham Maslow that refers to a person's highest level of personal fulfillment.
9. A couple explains that they met during their sophomore year in college, at which time they were assigned to the same dormitory and "have been inseparable ever since." The couple's initial attraction is most likely attributed to which of the following?
a. Gain-loss theory
b. Physical attraction
c. Propinquity Correct
d. The primacy effect

The couple's initial attraction can most likely be attributed to propinquity. Propinquity, or closeness in physical distance, is one of several antecedents of attraction. Some investigators argue that propinquity increases attraction simply due to increased exposure. Others claim that preferring someone closer in distance is adaptive and evolutionary, asserting that it requires less energy to sustain the relationship. The gain-loss theory of interpersonal attraction states that a person's attractiveness is maximized when the initial impressions are negative. Conversely, a person who starts out with a positive impression that turns negative is less likely to be seen positively. Researchers show that physical attraction is closely connected to romantic attraction. The primacy effect occurs when a person is presented with discrepant information about someone else; there is then the tendency for a person to base their impression on information provided first.
10. The DSM-5 diagnostic criteria for alcohol use disorder (AUD) includes all of the following EXCEPT:
a. Craving
b. Tolerance
c. Legal problems Correct
d. Occupational problems

Legal problems are not a diagnostic criterion for AUD. The DSM-IV recognized legal problems as a diagnostic criterion for AUD, but this criterion was excluded in the DSM-5. Craving, tolerance, and occupational problems are included in the criteria for AUD. Craving refers to a strong desire to use alcohol. Tolerance is defined in the DSM-5 as "either of the following: (a) A need for markedly increased amounts of alcohol to achieve intoxication or desired effect. (b) A markedly diminished effect with continued use of the same amount of alcohol" (APA, 2013). Additionally, "important social, occupational, or recreational activities are given up or reduced because of alcohol use" (APA, 2013).
11. Members belonging to groups with which of the following characteristics experience transitions after there are vacancies or a group member graduates?
a. Ongoing groups with a fixed membership Correct
b. Time-limited groups with a fixed membership
c. Ongoing groups with revolving membership
d. Time-limited groups with revolving membership

Members of ongoing groups with a fixed membership experience transition after there are vacancies or when group members graduate. Groups that are ongoing do not have an end date. In contrast, groups that are time limited have a set number of sessions. Membership can either be revolving or fixed, with revolving groups admitting new members when they become ready and fixed groups that begin and end with the same members. Interpersonal process groups are generally ongoing with a fixed membership. Psychoeducational groups tend to be time limited with a fixed membership. Inpatient milieu therapy groups are considered ongoing groups with a revolving membership. Finally, art therapy (e.g., expressive) groups are an example of time-limited groups with revolving membership.
12. A 70 -year-old male client seeks counseling for postretirement adjustment. He reports being decreasingly satisfied with life. According to Erikson, answers to which of the following questions would help resolve his psychosocial crisis?
a. "Who am I, and how do I fit in?"
b. "Have I lived a meaningful life?" Correct
c. "Will I find love or remain alone?"
d. "Am I a successful father?"

According to Erikson, resolution to this psychosocial crisis would provide an answer to the question, "Have I lived a meaningful life?" Erik Erikson's eight stages of psychosocial development each consist of a different psychosocial crisis. In the last stage, ego identity versus despair, individuals reflect on their life's achievements and seek a sense of peace and fulfillment. "Who am I, and how do I fit in?" describes identity versus role confusion, which occurs in adolescence. "Will I find love or remain alone?" is aligned with young adulthood and the psychosocial crisis of intimacy versus isolation. Finally, "Am I a successful father?" is contemplated in young adulthood, which aligns with generativity versus stagnation. Areas of importance during this stage include parenthood and work.
13. Which of the following assessment instruments is a brief questionnaire measuring levels of emotional distress, including depressive and anxious states experienced within the previous 4 weeks?
a. The Patient Health Questionnaire-2 (PHQ-2)
b. The Brief Symptom Inventory (BSI)
c. The Hamilton Anxiety Rating Scale (HAM-A)
d. The Kessler Psychological Distress Scale (K10) Correct

K10 is a 10-item questionnaire used to measure a client's level of emotional distress. Specifically, K10 measures depressive and anxiety states experienced within the previous 4 weeks. PHQ-2 is a twoquestion assessment. The abbreviated PHQ is used to evaluate a client's frequency of depressed mood and anhedonia experienced within the prior 2 weeks. BSI is a 53 -item instrument that measures nine symptom dimensions and three global indices of distress. Distress indices include the Global Severity Index, Positive Symptom Distress Index, and Positive Symptom Total. HAM-A is a 14 -item rating scale used to measure symptoms of anxiety. HAM-A measures mental agitation, somatic symptoms of anxiety, and anxiety-related distress.
14. A client requests information on the procedures involved with assertiveness training. The educational material provided would include information on all of the following procedures EXCEPT:
a. Behavioral rehearsal
b. Shaping Correct
c. Modeling
d. Relaxation training

The procedures involved with assertiveness training would not include shaping. Assertiveness training is a behavioral therapy based on operant conditioning, whereas shaping is based on classical conditioning. Behavioral rehearsal involves teaching and practicing social skills and the related prosocial behaviors. Modeling includes observation and imitation of desired behavior. Relaxation training is often paired with assertiveness training to decrease interpersonal anxiety.

## 15. All of the following accurately reflects the impact of divorce on families EXCEPT:

a. Rates of academic difficulties are higher for children of divorce.
b. Rates of emotional difficulties are higher for children of divorce.
c. Among children of divorce, boys have higher rates of maladjustment than girls.
d. Among divorced couples, divorced women report higher levels of life satisfaction than Correct divorced men.

Among divorced couples, divorced men (rather than divorced women) report higher levels of life satisfaction than divorced women. For children of divorce, rates of academic and emotional difficulties are higher than those of children with married parents. Additionally, among children of divorce, boys are found to have higher rates of maladjustment than girls.
16. According to Derald Wing Sue and David Sue's (2016) tripartite framework, which of the following is NOT an element associated with multicultural competence?
a. Awareness
b. Intention Correct
c. Knowledge
d. Skills

Intention is not an element associated with Sue and Sue's (2016) tripartite multicultural competence framework. The tripartite multicultural competence framework includes awareness, knowledge, and skills. Awareness encompasses a counselor's understanding of their own values, biases, and assumptions. Self-awareness also includes an awareness of the intersectional identities of the client and counselor and the influences of power, privilege, oppression, and marginalization. Knowledge is attained by learning about the diverse worldviews of clients. Knowledge can be acquired through research and broadened experiences. Finally, skills are developed to help counselors attend to the needs of a diverse client population.

## 17. Self-control procedures include all of the following EXCEPT:

a. Self-monitoring
b. Self-punishment
c. Response control Correct
d. Stimulus control

Self-control procedures do not include response control. Self-control procedures include selfmonitoring, self-punishment, stimulus control, and self-reinforcement. Counselors using selfmonitoring encourage clients to record information about the frequency and duration of specified symptoms. Self-punishment and self-reinforcement help clients self-administer the consequences of the targeted behavior, so that it can be modified. Stimulus control includes behavior that is controlled by associated consequences. Stimulus control techniques include narrowing, cue strengthening, and fading.
18. In couples therapy, the husband often speaks for his wife or dismisses her concerns with a joke. Gestalt therapists view this "boundary disturbance" as the result of:
a. Introjection
b. Deflection Correct
c. Projection
d. Retroflection

This is the result of deflection. Gestalt therapists view neurosis as the process of resistance or boundary disturbance. Boundary disturbances result from a lack of awareness of the immediate environment and include introjection, deflection, projection, retrojection, and confluence. Deflection is a pattern of avoidance or distraction, which includes humor, speaking on behalf of another, changing the subject, and avoiding conflict. Introjection occurs when one accepts or "swallows" the beliefs and opinions of others without question. Gestalt therapists view projection as the process of one blaming someone or something else for what originates in themselves. In its extremes, the boundary disturbance of projection can manifest into paranoia. Finally, retroflection is turning back on oneself that which is meant for someone else (e.g., turning anger toward another person inward).
19. Therapists practicing Eric Berne's transactional analysis characterize inadequate parenting as all of the following EXCEPT:
a. Negative strokes
b. Injunctions
c. Discounts
d. Permissive Correct

Permissive as a description of inadequate parenting is not associated with Eric Berne's transactional analysis. For Berne, there were three ego states that make up one's personality: parent, adult, and child. A life script develops during childhood and is shaped by one's parents. Inadequate parenting influences a person's life scripts and is described using the terms negative strokes, injunctions, and discounts. Negative strokes are the opposite of positive strokes. Negative strokes are insults and positive strokes are compliments. Either can be given unconditionally simply for "being" or conditionally for "doing" or in response to an action. Injunctions are hurtful messages admonishing a child's behavior and discount, distort, or deny certain parts of a child's experiences.

## 20. Counselors may deny a client's request to view some or all their counseling records only when:

a. There is compelling evidence suggesting that access would cause harm to the client.
b. There is compelling evidence suggesting that the client would require extensive and timely assistance in interpreting the records.
c. The counselor providing services has experienced incapacitation, death, retirement, or has terminated their practice.
d. The situation involves multiple clients, and the requesting client cannot agree to keep the other clients' information confidential.

According to the ACA Code of Ethics (2014), "Counselors limit the total or partial access of clients to their records only when there is compelling evidence that such access would cause harm to the client." If a client requires assistance with interpreting their records, counselors take the necessary time to provide that assistance. Counselors "prepare a plan for the transfer of clients and the dissemination of records to an identified colleague or records custodian in the case of the counselor's incapacitation, death, retirement, or termination of practice" (ACA, 2014). In situations involving multiple clients, counselors must "provide individual clients with only those parts of records that relate directly to them and do not include confidential information related to any other client" (ACA, 2014).

## 21. A school counselor would like to observe the social skills of a newly referred third grader. Prior to the intake, the counselor observes the student during physical education and later during lunchtime. This type of observation is advantageous over a formal observation because:

a. There is a decreased likelihood for the Hawthorne effect.
b. There is a decreased likelihood for confirmation bias.
c. Interrater reliability values are higher.
d. Threats to internal validity are minimized.

This type of observation (i.e., an informal observation) is advantageous over a formal observation because it decreases the likelihood of the Hawthorne effect. The Hawthorne effect presumes that a subject is more likely to modify their behavior based on knowing that they are being observed. Because the student was not a current client, the student lacked an awareness of being observed. Confirmation bias occurs when a counselor seeks information to confirm an initial hypothesis despite encountering information that may refute that hypothesis. Unstructured observations are at greater risk for confirmation bias than formal observations. Interrater reliability values are likely to be lower rather than higher. Likewise, threats to internal validity are not minimized.

## 22. Research studies using focus groups and case studies are known as:

a. Qualitative designs Correct
b. Quantitative designs
c. Quasi-experimental designs
d. Ex post facto designs

Qualitative designs use data that cannot be assigned a numeric value, including focus groups, case studies, interviews, and observations. Quantitative designs are numeric and measurable. Experimental and quasi-experimental studies are examples of quantitative research designs. Experimental designs use statistical methods to measure the effects of the independent variable on the dependent variable. True experimental researchers manipulate the independent variable hypothesized to bring about change in the dependent variable. Quasi-experimental studies set out to identify support of a causal relationship between the independent and dependent variables; they differ from true experimental designs in that the independent variable is not manipulated nor is the assignment of treatment groups controlled by the researcher. Ex post facto (i.e., after the fact), or causal-comparative, designs study the effects of the independent variable on the dependent variable. Ex post facto designs differ from true experimental designs in that subjects are not randomly assigned and the qualities being measured already exist (e.g., age, weight).
23. When conducting a mental status exam (MSE), a counselor asks a client to interpret the statement "Every cloud has a silver lining." The counselor is assessing the client's:
a. Perception
b. Thought process Correct
c. Thought content
d. Insight

The counselor is assessing the client's thought process. The statement "Every cloud has a silver lining" is a proverb. A proverb is an example of abstract thinking that uses formal operational thought processes. Coherent thought processes link together ideas, concepts, and associations in an organized and logical manner. Examples of disordered thought processes include circumstantial thinking, loose associations, tangential thinking, and flight of ideas. The MSE also assesses for issues of perception, including hallucinations, depersonalization, derealization, and other responses to internal stimuli. Thought content refers to thoughts that are verbally expressed. Examples of thought content disturbances include delusions, preoccupations, homicidal ideation, suicidal ideation, poverty of speech, and obsessions. In general, insight refers to a client's level of awareness in terms of their presenting problem, its severity, and its impact on their day-to-day lives.
24. A counselor asks a client diagnosed with substance use disorder, "On a 1 to 10 scale, with 10 being the highest, how confident are you that you can stop doing drugs?" The client responds with "I would say a 4." Using a motivational interviewing (MI) approach, which response would elicit the client's argument for change?
a. "What makes you a 4 and not a 0 ?" Correct
b. "What makes you a 4 and not a 10 ?"
c. "Tell me more about how you arrived at a 4."
d. "How would things look if you were a 5?"

Using MI, the counselor would respond by asking, "What makes you a 4 and not a 0?" The confidence ruler is an MI strategy that uses scaling questions to determine the client's desire to change. This strategy allows the client to argue for change rather than the counselor arguing with the client to change. By asking, "What makes you a 4 and not a 10?" the counselor shifts the interaction from strengths-based to problem-based. The statement "Tell me more about how you arrived at a 4" opens up the risk of the client creating reasons for maintaining the problem. Finally, asking "How would things look if you were a 5?" does not reduce ambivalence in the same way as does answer choice A.
25. Which of the following stress management techniques involves tensing and releasing muscle groups one by one?
a. Autogenic training
b. Biofeedback
c. Progressive relaxation
d. Guided imagery

Progressive relaxation (i.e., progressive muscle relaxation) involves tensing and releasing muscle groups one by one. Autogenic training is used to promote relaxation by "telling" one's body to relax using verbal prompts (e.g., "Your arms are becoming heavy"). Biofeedback uses an electronic device to measure body functions (e.g., heart rate and blood pressure). Finally, guided imagery is a visualization technique used to guide another person or oneself through a series of positive, relaxing images.

## 26. Which of the following is NOT a structural family therapy technique?

a. Joining
b. Mimesis
c. Enactment
d. Relabeling Corect

Relabeling is a strategic family therapy technique that helps families create new conceptual understandings of a problem by changing its meaning or connotation. Joining is a structural family systems technique that refers to the therapist taking a leadership position within the family system. Therapists use mimesis to mimic positive and negative patterns of behavior for different family members. Strategic family therapists use enactments by asking family members to speak directly to one another rather than to the therapist. Enactments allow therapists to see firsthand how family members interact and to assess family dynamics in real time.
27. Which of the following measures suicidal risk using four constructs: severity of ideation, intensity of ideation, behavior, and lethality?
a. The Suicidal Probability Scale (SPS)
b. The Columbia Suicide Severity Rating Scale (C-SSRS)
c. The Daily Living Activities 20 (DLA-20)
d. The Brief Psychiatric Rating Scale (BPRS)

C-SSRS measures suicidal risk in the following four constructs: the severity of ideation, the intensity of ideation, suicidal behavior, and lethality. C-SSRS also assesses protective factors. SPS is a 36 -item self-report inventory measuring suicidal ideation, hopelessness, hostility, and negative self-evaluation. DLA-20 is a functional assessment instrument measuring multiple domains, including time management, safety, and communication. BPRS measures psychosis and psychosis-related symptoms of schizophrenia or major psychotic disorders.
28. A counselor is reviewing a client's record and discovers an inaccuracy. Unless otherwise dictated by agency or institutional policy, the counselor should:
a. Destroy and replace the original document.
b. Add a clinical note explaining the inaccuracy. Correct
c. Explain the inaccuracies to the client and obtain permission to destroy the documentation.
d. Seek consultation and have the consultant document any necessary changes.

The counselor should add a clinical note explaining the inaccuracy unless otherwise dictated by agency or institutional policy. The ACA Code of Ethics (2014) states, "Counselors take reasonable steps to ensure that documentation accurately reflects client progress and services provided. If amendments are made to records and documentation, counselors take steps to properly note the amendments according to agency or institutional policies." Destroying and replacing the original document or asking the client for permission to do so are unethical practices. Consultation may be sought; however, correcting the inaccuracy is ultimately the responsibility of the counselor.
29. A counselor wishing to evaluate interactional dynamics among family members would most likely use:
a. A sociogram
b. An enactment Correct
c. Linking
d. Pacing

Enactment is a strategic family therapy intervention used to evaluate interactional dynamics among family members. Counselors use enactments by having family members talk to one another rather than to the counselor. Enactments help illustrate relationships and identify patterns and roles requiring modification. Constructing a sociogram, linking, and pacing are all group therapy techniques. A sociogram is a visual depiction of a group's interaction. Linking is a technique used by group leaders to help members identify with one another's challenges and experiences. Pacing occurs when group leaders attend to each member's emotional experiences while also monitoring group functioning as a whole.
30. Gestalt therapists use psychodrama to have clients act out their feelings. These games of dialogue include which of the following?
a. Enactments
b. Paradoxical intention
c. Reciprocal inhibition
d. The empty chair technique Correct

Games of dialogue used by gestalt therapists include the empty chair technique. Counselors use the empty chair technique by encouraging clients to imagine that they are presently interacting with another individual to help facilitate "unfinished business." Also considered a form of psychodrama, enactments are structural family therapy techniques used to identify and alter dysfunctional relationship patterns. Family members act out or enact these family patterns in the here and now so the therapists can intervene or reframe the behaviors. Victor Frankl, an existentialist, used paradoxical intention to purposefully exaggerate a client's symptoms to help clients see the irrational nature of expressed fears. Finally, reciprocal inhibition is used in systematic desensitization by pairing relaxation with a client's anxiety triggers.
31. Much like a parent who is emotionally connected and in synchrony with their baby, counselors communicate to clients how they experience, perceive, and understand their underlying feelings by using which of the following?
a. A nonjudgmental stance
b. Empathetic attunement Correct
c. Dispositional attribution
d. Proxemics

Counselors demonstrate empathetic attunement by perceiving the client's sense of reality, accurately reflecting the emotional depth of their experiences, and conveying a synchronous understanding and connectedness. A nonjudgmental stance is used when counselors view clients' experiences as neither inherently good nor bad. When expressed as a statement or sentiment, a nonjudgmental stance communicates unconditional positive regard rather than conditions of worth. Dispositional attribution is the tendency to blame a person's behavior on psychological factors. Proxemics refers to how space (i.e., proximity) is used in various social situations and relationships.
32. A newly married client is having difficulty coparenting with her ex-husband. The ex-husband refuses to comply with the custody arrangement, and he has made threats to her current husband. Which of the following parenting plans would be most effective for this client's family?
a. Parallel parenting

Correct
b. Collaborative parenting
c. Cooperative parenting
d. Authoritative parenting

Parallel parenting is effective for divorced parents who have low degrees of cooperation and high degrees of conflict. Parents who use parallel parenting communicate primarily through email or texts and limit the conversations to their child's needs. If unable to do so, a neutral third party may be needed to assist with communication. The first step in parallel parenting is for parents to disengage from one another, which is followed by determining who will be the primary parent responsible for various parenting domains (e.g., athletics, medical). Parents are then able to forge independent relationships with teachers, doctors, or coaches. Cooperative parenting (i.e., collaborative parenting) works best with high-cooperation, low-conflict parents. Parents who engage in cooperative parenting effectively communicate with one another and agree on shared responsibilities. Finally, parents who use an authoritarian approach emphasize strict obedience and inflict harsh punishments when rules are broken.
33. Structural family therapists would describe a family system as having:
a. Balanced or imbalanced loyalty, trust, and mutual understanding
b. Emotionally fused or differentiated boundaries
c. Disengaged or enmeshed boundaries among subsystems Correct
d. Symmetrical or complementary communication styles

Structural family therapy, developed by Salvador Minuchin, is based on the premise that boundaries among family members (subsystems) are either disengaged (i.e., rigid or isolated) or enmeshed (i.e., overly dependent or close). Contextual family therapists consider family relationships to have balanced or imbalanced loyalty, trust, and mutual understanding (i.e., ethical principles). Ivan Boszormenyi-Nagy developed the contextual approach to family therapy and considered balanced families grounded in these ethical principles. Multigenerational or extended family systems theorists view family systems as having either emotionally fused or differentiated boundaries. Finally, communication interaction family therapists view family communication patterns as either symmetrical (i.e., equal) or complementary (i.e., unequal).
34. A client states, "I can't seem to stop crying. Just knowing that he is with someone else is unbearable." Which of the following counselor responses represents the use of empathy?
a. "I know exactly how you feel. I once had a bad breakup myself."
b. "Your feelings are really important to me. Thank you for sharing this."
c. "Seeing him with someone else has caused overwhelming sadness for you."
d. "You saw him with someone else, which caused you to cry excessively."

The statement that accurately represents the use of empathy is "Seeing him with someone else has caused overwhelming sadness for you." Empathetic statements accurately capture a client's overt and covert emotional expressions. Empathy is different from "knowing exactly" how someone feels; it is the ability to place yourself in someone else's shoes. Acceptance and validation of another's feelings are conveyed in a manner that seeks first to attend and understand and then to experience and respond. Stating, "Your feelings are really important to me. Thank you for sharing this" is an empathetic sentiment, but it falls short by not identifying the feelings and appreciating, but not accepting, the client's experiences. An example of a paraphrase is captured by the statement, "You saw him with someone else, which caused you to cry excessively."
35. A counselor is a covered mental health provider under the Health Insurance Portability and Accountability Act of 1996 (HIPAA). As such, their clients have a right to:
a. Contest payment for services if records show that inadequate progress has been made
b. Request to have their protected electronic health records amended Corect
c. Receive a copy of their diagnostic summary, treatment plan, and psychotherapy notes
d. Prevent the counselor from contacting family members in the event of a serious and imminent threat

HIPAA grants clients the right to request that a "covered entity" amend their electronic healthcare record. Professional counselors who use electronic health records to transmit health information in a transactional capacity (e.g., to bill insurance) qualify as a covered entity under HIPAA. Counselors have the right to deny the amendment if they determine that the client's healthcare record is accurate and complete. Payment for services must be agreed upon at the onset of treatment and cannot be contested based on the client's inadequate progress. Under HIPAA, clients may receive a copy of their records, including diagnostic summaries and treatment plans. However, psychotherapy notes are considered to be an exemption. Psychotherapy notes are a counselor's personal notes and are typically not a part of the client's medical record. When the client poses a serious and imminent threat to themselves or others, counselors can contact family members without client authorization.
36. Client: "I haven't heard anything from my son in quite some time. I keep asking myself if there was something I did to upset him." Counselor: "It's been a while since you've had any contact with your son, and you wonder if you are to blame." This is an example of:
a. Empathy
b. Paraphrasing
c. Interpretation
d. Reframing

This is an example of paraphrasing. Counselors use paraphrasing to restate the literal meaning of the client's message. Empathy refers to the counselor's ability to communicate an understanding of the client's underlying feelings. Counselors use empathy by putting themselves in the client's shoes. Interpretation focuses on the client's implicit (i.e., underlying) message and is influenced by the counselor's theoretical orientation. Counselors use interpretation when explaining or introducing a hypothesis about the cause-and-effect relationship or the "why" of what the client is experiencing. A reframe is used when counselors respond in a manner that provides the client with a shift in perspective so that situations can be viewed positively.

## 37. Cultural identity is:

a. Primarily influenced by race and ethnicity
b. Fully developed by early adulthood
c. Stable across changing contexts
d. Dynamic and constantly evolving Correct

Cultural identity is dynamic and constantly evolving. Cultural identity is multifaceted and is impacted by race, ethnicity, gender, religion, spirituality, socioeconomic status, profession, and sexual orientation. One's cultural identity is a social construct and continues to be formed through social interactions and is impacted by historical and political contexts.
38. Which is the most common form of child abuse?
a. Physical abuse
b. Psychological abuse
c. Sexual abuse
d. Neglect Correct

The most common form of child abuse is neglect. Neglect occurs when parents or guardians fail to provide a child with basic essentials, including food, medical care, supervision, protection, and clothing. Physical abuse includes severe forms of corporal punishment such as forceful hitting, shaking, or incurring injuries causing skeletal trauma. Psychological abuse (i.e., emotional abuse) involves verbal acts of humiliation, criticism, or rejection that impairs a child's emotional development or self-esteem.
39. Which of the following is based on the premise that the subjective account of one's life is socially, culturally, and politically constructed?
a. CBT
b. Reality therapy
c. Narrative therapy Correct
d. Psychodrama

Narrative therapy is based on the premise that the subjective account of one's life is socially, culturally, and politically constructed. Postmodern therapies, which include narrative therapy, are collaborative, brief, and strengths based. By focusing on the social, cultural, and political contexts of a client's story, counselors can develop a deeper understanding of influential factors in their clients' lives. CBT, reality therapy, and psychodrama do not emphasize the role of social, cultural, and political influences in the way that narrative therapy does. CBT is "prescriptive" in nature with specific interventions geared toward changing irrational cognitions that lead to problematic behaviors and emotional distress. Goals for reality therapy include accepting personal responsibility for actions and creating effective interpersonal relationships. Joseph Moreno is credited with developing psychodrama, a psychoanalytic intervention predominately used in group therapy. Participants in psychodrama are encouraged to creatively and spontaneously act out (i.e., dramatize) specific life situations with the overarching goal of releasing of pent-up emotions (i.e., catharsis).
40. Counselors working with clients struggling with end-of-life issues must discern between anticipatory grief and clinical depression. Which of the following is more indicative of major depressive disorder?
a. Persistent sadness and self-critical ruminations
b. Episodic feelings of emptiness and loss
c. Fleeting self-derogatory ideation and guilt
d. Disbelief, fatigue, and tearfulness

Persistent sadness and self-critical ruminations are indicative of major depressive disorder. The DSM-5 distinguishes between grief and major depressive disorder. Symptoms of grief tend to be more episodic, whereas symptoms of major depressive disorder are more serious, chronic, and pervasive. Grief reactions include episodic feelings of emptiness and loss, as well as fleeting self-derogatory ideation and guilt. Grief does not always include self-derogatory ideation, but it focuses on what "should have been done" for their loved one or guilt and remorse for failing the deceased in some fashion. Finally, disbelief (i.e., denial), fatigue, and tearfulness are grief reactions.

