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QUESTION 1

Which i	nerson	is associated	with the	heainnina	of the	quidance	movement?
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- A. Adler
- B. Parsons
- C. Freud
- D. Ellis

Correct Answer: B

Frank Parsons is known as the founder of the guidance movement. His talent matching approach was later developed into the Trait and Factor Theory of Occupational Choice. Adler was the founder of individual psychology, Freud was the founder of psychoanalysis, and Ellis was the founder of rational emotive behavior therapy.

QUESTION 2

Under which of the following circumstances is it not okay to break patient confidentiality?

- A. A court subpoenas the client\\'s chart.
- B. The client has threatened to hurt himself or someone else.
- C. The client\\'s employer has requested the information.
- D. The client admits to abusing his children.

Correct Answer: C

The patient\\'s employer has no right to request information he or she shared in a confidential session with a therapist, even if it is through the Employee Assistance Program. Therapists are required to break confidentiality when someone\\'s safety is at risk. Courts can subpoen charts, which is why therapists should be careful about taking notes during sessions.

QUESTION 3

An operational definition:

- A. is deductive logic
- B. can be measured on a Likert Scale
- C. outlines a procedure
- D. describes the purpose of an experiment

Correct Answer: C

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An operational definition is a detailed, clear, and concise definition of a measure used when data is being collected. If more than one researcher is setting out to measure the same conditions, they should be able to independently do so. In the case of measuring anxiety in college seniors, a researcher chooses to give the participants a 15 item questionnaire. The researcher\\\'s operational definition of anxiety for this study is the participant\\\\'s score on the questionnaire.

QUESTION 4
Behavioral reinforcers always raise behavioral probability.
A. True
B. False
Correct Answer: A
The purpose of reinforcers is to increase the likelihood that a specific behavior will occur following a stimulus.
QUESTION 5
You have just launched a successful therapy group, and want to promote it to engage new clients so they,
too, can benefit. You have asked your current therapy clients to offer an anonymous testimonial, telling
others how useful it has been.
From an ethical standpoint, this is
A. prohibited under any circumstances
B. allowed since it is a successful group that would benefit future clients that may join
C. allowed, only if they sign a voluntary testimonial release
D. prohibited unless they sign a voluntary testimonial release, use a pseudo-name and do not provide a photo
Correct Answer: A
The ACA Code of Ethics outlines that testimonials from clients, former clients or any other person vulnerable to undue influence is prohibited.
QUESTION 6

A. correlational study

The most valuable type of research is the:

B. experiment



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C. survey

D. descriptive narrative

Correct Answer: B

The experiment is the most powerful research method because it is the only design that examines a single factor\\s effect on a particular behavior. Therefore, it is the only method where a direct cause and effect relationship can be established. While correlational studies can show if 2 variables are related and how strong the relationship is, it is important to remember correlation does not equal causation.

QUESTION 7

You are a licensed professional counselor with a Master\'s degree in Counseling and a doctorate (PhD) in Technology and Operations Management. On your appointment cards for clients, the most appropriate way to list yourself is:

A. Jane Doe, MA, LPC

B. Dr. Jane Doe, LPC

C. Jane Doe, PhD

D. Dr. Jane Doe, PhD, LPC

Correct Answer: A

According to the ACA Code of Ethics, when acting in a counselor context, counselors may only use their highest degree earned in counseling, and should not imply doctorate-level competence unless their doctorate degree is in a clinical or related field.

QUESTION 8

What are the three levels of social groups?

- A. Primary, secondary, and tertiary
- B. High, medium, and low
- C. First, second, and third
- D. Small, medium, and large

Correct Answer: A

Charles Cooley first described social groups. Primary social groups share close, personal, and enduring relationships. Secondary groups are larger than primary groups and relationships are goal oriented,

impersonal, and may be temporary.

Tertiary groups are sometimes called reference groups and are any group which shapes one\\'s attitude and

behavior.

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QUESTION 9

Crites is the researcher that first described the concept of "career maturity".

- A. True
- B. False

Correct Answer: B

Career maturity was first mentioned by Donald Super and is the degree to which people are prepared to make good educational and vocational choices. Crites created the Career Maturity Inventory based on Donald Super\\'s theory of career development.

QUESTION 10

Jerry hears a fellow group member say, "I am really struggling with this divorce. I can\\'t see my way to the other side sometimes. It seems like I\\'ll never feel better." Jerry just experienced a relationship break-up himself, which spun him into a depression. Though the group member\\'s situation is unfortunate, Jerry feels a little better hearing about it. Jerry is experiencing which curative factor of group therapy?

- A. Imitative behavior
- B. Imparting information
- C. Instillation of hope
- D. Universality

Correct Answer: D

Jerry is experiencing universality, when a member feels relief that they are not alone and that others share similar problems. He is not adapting another member\\'s coping strategy, so it is not imitative behavior. Instillation of hope creates a feeling of optimism, which is not mentioned.

QUESTION 11

According to Piaget\\'s stages of moral judgment, a child younger than age ten will think which of the following is worse?

- A. Someone who was trying to help his mother set the table and broke five dishes.
- B. Someone who was stealing a cookie from the cookie jar when he wasn\\'t allowed, and knocked over a cup that broke.
- C. Someone who did not control the dog who jumped up on the table and pulled down a glass full of water, which broke.
- D. Someone who accidentally dropped a dinner knife which could have hurt someone if they would have stepped on it.

Correct Answer: A

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Piaget saw moral judgment broken into two age brackets: below and above age ten. Those under age ten tended to judge wrong-doings by the amount of damage caused rather than the intention behind the act. Hence, even though the person in answer A had the best intentions, he broke more dishes and, therefore, is seen as more wrong. Since the person stealing only knocked over one cup, it is not viewed as bad as breaking five dishes.

QUESTION 12

The four lobes of the human brain are each responsible for handling different tasks. Which of these lobes is responsible for processing tactile sensory information?

- A. Occipital Lobe
- B. Frontal Lobe
- C. Parietal Lobe
- D. Temporal Lobe

Correct Answer: C

The Parietal Lobe processes information temperature, taste, touch, and movement. The Occipital Lobe is responsible for vision, while the Frontal Lobe\\'s main jobs include cognitive functions and voluntary movement. The Temporal Lobe processes memory and connects them with our senses.

QUESTION 13

The archetype of the "Shadow" encompasses which of the following?

- A. All that is evil
- B. Everything that is wrong with a person
- C. All of the things about a person that he or she will not acknowledge
- D. None of the above

Correct Answer: C

Carl Jung believed the "Shadow" represented the dark side of someone\\'s personality.

QUESTION 14

Which of the following is true about counseling within a cultural context?

- A. Behaviors cannot be measured as accurately.
- B. Personal identity becomes more clearly defined.
- C. The consequences of problems are more ambiguous.
- D. Counseling interviews hold less meaning.



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Correct Answer: B

Personal identity becomes more clearly defined within a cultural context. Furthermore, behaviors are measured more accurately, consequences of problems are more obvious and counseling interviews are more meaningful when held within a cultural context. When a counselor counsels within a cultural context, the clients will be able to relate to what the counselor is saying and will be able to view themselves and self-reflect.

QUESTION 15

Kohlberg\\'s theory of moral development has three progressive levels ending in:

- A. personhood
- B. sexual ambiguity
- C. principled thought
- D. self-realization

Correct Answer: C

In Kohlberg\\'s third level, individuals do come to realize they are separate from their society, but this occurs in the 5th stage. Principled thought comes after moving through the 6th stage, which Kohlberg believed few people actually reached.

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