

Individual Counseling: Skills and Techniques, 3rd Edition
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Test Bank

Chapter 02: Common Therapeutic Factors

1. Research has shown that the most effective therapy is
 - a. evidence-based therapy.
 - b. cognitive behavioral therapy.
 - c. existential therapy.
 - d. an integrated approach.

2. The factor that contributes most to treatment success is
 - a. the client.
 - b. the therapist.
 - c. the techniques.
 - d. the degree of hope.

3. The strong therapeutic relationship is largely based on
 - a. honesty and treatment.
 - b. a charismatic client.
 - c. a charismatic therapist.
 - d. a lengthy training process.

4. The therapeutic relationship centers on
 - a. the therapist's selfless focus on the client.
 - b. mutual growth between client and therapist.
 - c. the therapist learning how to be better with future clients.
 - d. keeping the client returning for more sessions.

5. The hope and expectancy factors in therapy are increased when the therapist
 - a. highlights a client's resilience and creativity.
 - b. points out the underdeveloped parts of the client.
 - c. does not instill false hope in the client.
 - d. all of the above.

6. Research shows that gender similarity between the therapist and client
 - a. does not impact treatment outcomes.
 - b. does impact treatment outcomes.
 - c. depends on the ethnicity of the client.
 - d. always impacts the outcome of treatment.

7. When the therapist and client have similar _____, the therapy outcome is more positive than shared ethnicity.
 - a. values
 - b. lifestyles
 - c. life experiences
 - d. all of the above

8. The therapist's most powerful instrument is
 - a. our techniques.
 - b. our self.
 - c. our education.
 - d. our years of experience.

9. The therapist's intuition
 - a. can be buried by content information.
 - b. is misleading.
 - c. is held in low regard by the profession.
 - d. is useful when part of self-disclosure.

10. Which of the following helps therapists to become better at their craft?
 - a. personal psychotherapy
 - b. self-care
 - c. leading a balanced life
 - d. all of the above