

Chapter 2 - Multiple Choice Examination Questions:

1. Unique characteristics of a therapeutic relationship (compared to a friendship) include all of the following **EXCEPT**
 - A. a contract specifying roles, confidentiality.
 - B. that it can be ended by either at any time.
 - C. that both parties agree on a similar worldview.
 - D. that the goal of the relationship is to help the client.

2. The hoped for outcome of relationship enhancing skills is
 - A. to give the client courage to change.
 - B. a change in affect for the client.
 - C. the collection of fees.
 - D. the termination of the relationship.

3. Grasping the feelings, facts and meaning of another person's disclosure, and then showing them understanding is
 - A. warmth.
 - B. empathy.
 - C. credibility.
 - D. schmoozing.

4. Empathy is not:
 - A. Taking on your client's problems
 - B. Sympathy.
 - C. Tuning into your client.
 - D. all of the above.
 - E. A and B.

5. One primary purpose of self-disclosure is to
 - A. help the client feel more important.
 - B. augment the social schmoozing process.
 - C. allow the helper to model ventilation of feelings.
 - D. normalize the client's experience.

6. A microaggression is:
 - A. Beneficial to the therapeutic relationships
 - B. A verbal or behavioral slight that minority members experience
 - C. May be unconscious
 - D. B and C

7. Roadblocks to good helper communication such as directing, criticizing, consoling, or premature analyzing communicate to the client that
 - A. even helpers make mistakes sometimes.
 - B. he or she should listen more closely to the helper.
 - C. he or she needs to become more involved in the helping process.
 - D. the client is not capable of solving his or her own problems.

8. In order to manage transference, a helper may
 - A. help the client focus on more self-awareness.
 - B. disclose his or her own personal feelings about the client.
 - C. explore carefully the source of these feelings.

D. both A and C.

Chapter 2 – Essay Examination Questions:

1. Describe the three unique characteristics of a therapeutic relationship.
2. Name common mistakes in helper self-disclosure.
3. When should transference be dealt with?

Chapter 2 - Multiple Choice Answer Key:

1. C (pgs. 36-37)
2. A (pg. 39)
3. B (pgs. 39-40)
4. E (pgs. 41-42)
5. D (pg. 44)
6. D (pg. 47)
7. D (pgs. 48-49)
8. D (pgs. 51-52)

Chapter 2 - Essay Questions Answer Key:

Question 1 – (pgs. 36-37)

- There is a mutual liking-or at least respect between counselor and client.
- The purpose of the relationship is the resolution of the client's issues.
- There is a sense of teamwork as both the helper and client work toward mutually agreed-upon goals.
(please note: there are 7 total characteristics see pg. 36).

Question 2 – (pgs. 44-45)

- The helper's self- disclosure is too deep
- The helper's self -disclosure is poorly timed
- The helper's self -disclosure does not match the clients experience
- Helper self-disclosure must be used with caution and timing is vital.

Question 3 – (pgs. 54-56)

- Convey acceptance of the client's remarks but don't retaliate
- Explore the client's feelings
- Use self-involving statements (i.e., I can tell you are angry with me because) to help the client become aware of the helper's genuine thoughts and emotions about the client and his/her behavior.
- Use the experience to help the client find new and better ways of expressing feelings and meeting his/her needs.