

## Chapter One Test Bank Questions

1. Which of the following activities does the general public associate with the term *counseling*?
  - a. consulting
  - b. guiding
  - c. advising
  - d. deliberating
  - e. all of the above
2. Which of the following are *not* among the basic tenets of clinical mental health counseling?
  - a. human development
  - b. career development
  - c. wellness perspective
  - d. ecological systems
3. Which of the following frameworks provides the mental health counseling profession with its primary orientation for understanding both wellness and psychopathology?
  - a. the medical model
  - b. the socio-biological model
  - c. the human developmental model
  - d. family systems theory
4. Which of the following models provides mental health and licensed professional counselors with a theoretical foundation for guiding their assessment and intervention strategies?
  - a. test score theory
  - b. ecological theory
  - c. psychoanalytic theory
  - d. psycho-cybernetic theory
5. Which of the following professional organizations represents the interests of professional counselors in general?
  - a. APA
  - b. AMHCA
  - c. ACA
  - d. AAMFT
6. Which of the following division of the ACA represents the interests of the mental health counseling profession in specific?
  - a. ACES
  - b. ASERVIC
  - c. AMCD
  - d. AMHCA
7. Which of the following professional groups was not directly involved in the formation of what is now known as the ACA?
  - a. American Psychological Association
  - b. National Vocational Guidance Association

- c. American College Personnel Association
  - d. National Association for Guidance Supervisors
8. Which of the following organizations provides the primary national certification process for professional counselors?
- a. CACREP
  - b. NBCC
  - c. ACA
  - d. NCATE
9. Which of the following organizations has established standards for the accreditation of graduate educational programs in counseling?
- a. CACREP
  - b. NBCC
  - c. ACA
  - d. NCATE
10. Which of the following professions cannot qualify for professional certifications offered by the National Board of Certified Counselors (NBCC)?
- a. mental health counselors
  - b. school counselors
  - c. marriage and family therapists
  - d. addictions counselors
11. Which of the following professional groups is a medical specialty?
- a. psychiatry
  - b. clinical psychology
  - c. social work
  - d. counseling psychology
12. Which of the following professions are qualified to prescribe psychoactive medications in all 50 states?
- a. psychiatry
  - b. clinical psychology
  - c. mental health counselors
  - d. counseling psychologists
13. Which of the following professional groups are most highly trained in the administration, scoring, and interpretation of psychological tests?
- a. psychiatrists
  - b. clinical psychologists
  - c. mental health counselors
  - d. marriage and family therapists
14. Which of the following professional groups are most highly trained in linking persons to tangible local, state, and federal services?
- a. psychologists
  - b. mental health counselors
  - c. social workers
  - d. marriage and family therapists

15. Which of the following professional groups is trained to view the family as the most basic emotional unit?
- psychologists
  - mental health counselors
  - social workers
  - marriage and family therapists
16. Mental health counseling is a licensed profession in:
- 15 states
  - 26 states
  - 48 states
  - 50 states
17. Mental health counseling draws from all of the following disciplines *except*:
- Philosophy
  - Medical sciences
  - Political sciences
  - Education
18. CACREP accredits:
- Bachelor's programs and Master's programs only
  - Master's programs and Doctoral programs only
  - Bachelor's programs, Master's programs, and Doctoral programs
  - Only Master's programs
19. Which of the following is a specialization within the counseling profession:
- Addictions counseling
  - Career counseling
  - Gerontological counseling
  - All of the above
20. When mental health counselors utilize a wellness perspective, this means that they:
- Seek to move clients towards optimal human functioning as well as away from emotional distress and mental illness.
  - Incorporate recommendations for exercise in their counseling techniques.
  - Encourage clients to take medications that were prescribed by the clients' doctors.
  - Both b and c

### *Essay Questions*

1. Why is the term *counseling* a misunderstood term among the general public? Give three reasons for this confusion.
2. Define clinical mental health counseling. Identify four key concepts in this definition and explain how each helps to distinguish the profession as a primary mental health care provider.
3. How is the profession of clinical mental health counseling similar to and different from other allied mental health professions (e.g., marriage and family therapy, clinical social work, or clinical/counseling psychology)?

*Test Bank Multiple Choice Answer Key*

1. e. All of the above
2. b. Career development
3. c. the human developmental model
4. b. ecological theory
5. c. ACA
6. d. AMHCA
7. a. American Psychological Association
8. b. NBCC
9. a. CACREP
10. c. Family Therapists
11. a. Psychiatry
12. a. Psychiatry
13. b. Clinical Psychologists
14. c. Social Workers
15. d. Marriage and family therapists
16. d. 50 states
17. c. Political sciences
18. b. Master's programs and Doctoral programs only
19. d. All of the above
20. a. Seek to move clients towards optimal human functioning as well as away from emotional distress and mental illness.