

Chapter 2: Real World Treatment Planning: Systems, Culture, and Ethics

Multiple-Choice Questions

- One result of the increase in managed care systems is:
 - Increased client confidentiality
 - Decreased client confidentiality
 - Increased record keeping for counselors
 - Decreased record keeping for counselors
- Many counselors _____ to avoid ascribing clients with stigmatizing diagnoses, while others _____ to ensure clients' services are covered.
 - Downcode; upcode
 - Upcode; downcode
 - Downgrade; upgrade
 - Upgrade; downgrade
- Third Party payers are most likely to cover the costs of treatment for which of the following disorders:
 - Personality disorders
 - Other conditions that may be a focus of clinical attention
 - Autism spectrum disorders
 - Major depressive disorder
- Accrediting bodies' function is to
 - Ensure that counselors provide the most accurate diagnosis possible
 - Ensure that all clients receive services, regardless of the severity of their problem
 - Ensure that clients are able to attain treatment for as long as necessary
 - Enhance the quality of services provided to consumers of services
- The client's _____ is typically used by third party payers to determine the number of sessions and type of counseling that is approved for reimbursement
 - Income level
 - Diagnosis
 - Treatment plan
 - Presenting issue
- Third party payers generally reimburse clients for _____ services than/that counselors would recommend they receive
 - More
 - The same amount of
 - Fewer
 - It is dependent on client income level
- Counseling session limits influence
 - Treatment plan and goals
 - Treatment goals
 - Treatment plan
 - Diagnosis
- Oftentimes, a _____ is the treatment leader in treatment teams.
 - Office Manager
 - Supervisor
 - Physician/psychiatrist
 - Community psychiatrist support provider
- All of the following are concerns of the *DSM*, except:
 - Historically, some diagnostic labels have been marginalized and stigmatized
 - There is limited evidence of cross-cultural validity in diagnostic conceptualizations

- c) The *DSM* can predict treatment outcomes
 - d) There are flaws in the science behind *DSM* diagnoses
10. A medical model of change places the responsibility for problems—and for change—at/on the _____ level.
- a) Relational
 - b) Individual
 - c) Community
 - d) Societal
11. The _____ is a positive development in the *DSM-5* that helps counselors obtain the most clinically useful information, develop a relational connection with clients, and ultimately make accurate diagnoses.
- a) Cultural formation interview
 - b) Global assessment of functioning scale
 - c) Cultural diversity assessment
 - d) Developmental formation interview
12. The primary purpose of informed consent is to
- a) Assess the client's readiness for counseling
 - b) Establish rapport between the client and counselor
 - c) Ensure that the client fully understands the counseling process
 - d) Outline the counselor's fee schedule
13. The most recent version of the American Counseling Association's (ACA) *Code of Ethics* was published in what year?
- a) 2004
 - b) 2010
 - c) 2018
 - d) 2014
14. Ethical standards require that counselors provide _____ diagnoses as well as avoid _____ diagnoses.
- a) Accurate; severe
 - b) Definitive; misrepresenting
 - c) Accurate; misrepresenting
 - d) Accurate; chronic
15. Which statement is false regarding multiple relationships?
- a) Sexual and/or romantic counselor-client interactions or relationships with current clients, their romantic partners, or their family members are prohibited by current ethical standards
 - b) Counselors must consider ways they can manage the therapeutic-fiduciary relationship
 - c) A client may be harmed if a counselor engages in a multiple relationship with him/her
 - d) Only sexual and/or romantic counselor-client interactions or relationships with current clients is prohibited by current ethical standards
16. Consultation and supervision can help counselors
- a) Ensure that diagnostic and treatment planning procedures are consistent with typical standards of care
 - b) Decide how to best prevent harm to the client
 - c) Ensure that an accurate diagnosis is ascribed
 - d) All of the above
17. A culturally sensitive assessment is not achieved if
- a) A counselor assessed the client's presenting issue solely from her/his clinical lens
 - b) A counselor assessed the effect of trauma
 - c) A counselor assessed gender socialization
 - d) A counselor assessed cultural identity and values

18. Cultural validity in assessment requires that mental health professionals consider specific cultural backgrounds and norms such as
 - a) socioeconomic status
 - b) functional abilities
 - c) race/ethnicity
 - d) All of the above

19. Which statement reflects a counselor skill for diversity-sensitive diagnosis and treatment
 - a) Know and use only symptom scales validated in the client's culture
 - b) Commit to assessing and overcoming personal biases and stereotypes
 - c) Conduct gender-sensitive clinical assessments
 - d) Avoid jumping to conclusions about clients on the basis of their cultural group

20. Which is true about informed consent?
 - a) Informed consent is a one-time event that occurs on the first day of counseling
 - b) Informed consent needs to be revisited in counseling only during ethical issues
 - c) Informed consent does not include informing clients about changes in diagnosis
 - d) Informed consent is an ongoing process

Essay Questions:

1. What are at least three strengths of the *DSM*/medical model? What are at least three weaknesses of the *DSM*/medical model?

Describe four strategies counselors can use to facilitate ethical diagnoses and treatment practices.

Test Bank Answer Key

Chapter 2

1. A
2. A
3. D
4. D
5. B
6. C
7. A
8. C
9. C
10. B
11. A
12. C
13. D
14. C
15. D
16. D
17. A
18. D
19. C
20. D