

1. The most crucial task of a group leader is:
 - A. Establishing relationships with others
 - B. Providing a safe, nurturing and open environment
 - C. Getting members to establish relationships with each other
 - D. Maintaining adequate control, authority and leadership

ANS: A PG: 26

2. A new group leader, whether new to the profession or straight out of school, can bring which strength to the table to compensate for his or her lack of experience?
 - A. Recent educational aspects of training that are less likely to be forgotten
 - B. Less likely burnout
 - C. A fresh perspective
 - D. Less preconceived notions and biases

ANS: C PG: 26

3. Jasmine is leading her first group. Things are not going according to plan. As prolonged periods of silence follow, one after another, she must learn:
 - A. Ways in which to eliminate these uncomfortable moments
 - B. Measures to take to keep conversation going
 - C. That silence, though uncomfortable, is to be expected
 - D. That she must speak when silence prevails

ANS: C PG: 28

4. DeLucia-Waack and Fauth consider _____ to be most critical in the development of skilled, competent leaders of therapeutic groups?
 - A. Supervision
 - B. Continuing education
 - C. Sticking to a particular theory and remaining consistent
 - D. Maintaining poise and composure in the face of stressors

ANS: A PG: 28

5. Jefferson has been leading a counseling group for the past three weeks. Several issues have surfaced, issues that his training has not directly addressed. He could/should:
 - A. Put the issue on hold until he consults with others who are more knowledgeable; it's the responsible thing to do
 - B. Trust his instincts; it's the courageous thing to do
 - C. Tell the counselees that he is stumped; it's the human thing to do
 - D. Ignore the issue as there are other topics that need to be discussed

ANS: B PG: 29

6. A behavior in which a group counselor addresses issues by setting an example of himself or herself is known as:

- A. Exemplary leadership
- B. Patterning
- C. Leading by example
- D. Modeling

ANS: D PG: 29

7. Brett is 10 minutes away from his second counseling session. The group members have been expressing strong emotions ranging from anger to feelings of betrayal, pain to jealousy. Although he knows that he must be present, aware and empathic in terms of their situations, he remembers the voice of his supervisor in his head: "Avoid the risk of _____ with your clients."
- A. Over-commitment
 - B. Over-facilitating
 - C. Over-enabling
 - D. Over-identifying

ANS: D PG: 30

8. Self-revelation on the part of the counselor should be used with group members:
- A. Sparingly
 - B. Often, as it is a particularly effective tool for getting clients to open up
 - C. Spontaneously and only as the situation calls for
 - D. Never; it detracts from the clients' issues that should remain the paramount focus of therapeutic sessions

ANS: C PG: 30

9. "You always take Jenny's side. You're a racist! I can't believe somebody as dumb as you could become a therapist!" As the group leader, it's time for you to respond; all eyes are on you.
- A. The situation calls for you to respond forcefully
 - B. Only with a firm response can you maintain authority
 - C. The situation demands a non-defensive response
 - D. According to experts (Baker, 2003), a warning should be issued, whereby a repeated outburst will result in removal from the group

ANS: C PG: 31

10. By means of cultural influences, asking an African-American to "tone things down" can often be construed by the party as all of the following except:
- A. Racist
 - B. Offensive
 - C. Insulting
 - D. Appropriate only if the counselor is of the same race

ANS: D PG: 31

11. Frances is recently divorced. She weeps openly and often. As a counselor and group leader, you too have gone through a painful divorce. Which of the following is not an appropriate response?
- A. "I know exactly what you are going through."
 - B. "The emotions you are experiencing might be more common than you think."
 - C. "Would you like to talk more about your reactions?"

D. "Can I explain to you how I coped with my similar situation?"

ANS: A PG: 32

12. When utilizing _____ in groups, it is particularly important to gauge the members' non-verbal reactions:
- A. Humor
 - B. Role-play
 - C. Modeling
 - D. Suggestiveness

ANS: A PG: 35

13. The verbal reiteration of what a second individual has stated — for purposes of clarification and so the other person can see that both of you understand the point — is known as:
- A. Therapeutic repetition
 - B. Rehashing
 - C. Reflecting
 - D. Interpreting

ANS: C PG: 37

14. Anthony states: "Since the accident left me paralyzed, I'm unable to walk. Imagine what it's like being a productive worker one day and being at home confined to a wheelchair now!" Which of the following is an appropriate reaction of the counselor utilizing the principle of clarifying?
- A. "Anthony, you really sound as if you are at wit's end."
 - B. "You seem to sound angry and frustrated at not being able to work anymore. This is a normal reaction to someone in your situation."
 - C. "A lot has changed Anthony. You've been injured and can no longer work. We'll help you get better."
 - D. "Anthony, not only have you been severely injured. You are now left paralyzed. Your life has been altered in many ways, and I sense the frustration which you are feeling."

ANS: D PG: 37

15. Alan and Arturo, members of a counseling group, have expressed similar feelings of inadequacy following divorce. Sensing this, the leader attempts to foster a line of communication regarding the commonality of the issue between these members. This attempt to build cohesiveness and interaction is known as:
- A. Bridging
 - B. Linking
 - C. Mutuality
 - D. Mutual support

ANS: B PG: 40

16. Isabella continually refers to "Kyle" in what often prove to be lengthy tangents regarding her college years. The name itself evokes a high degree of passion. The group leader can/should:
- A. Cut off the conversation as being irrelevant
 - B. Ask the counselee politely to return to the "here and now"
 - C. Ask the counselee how this person relates to present issues
 - D. Ask the counselee to break confidentiality in order to discuss personal aspects of Kyle

ANS: C PG: 41

17. A factor to be aware of when terminating a group is the members' potential feelings/fears of _____.
- A. Relapse
 - B. Decompensation
 - C. Loss
 - D. Repression

ANS: C PG: 43

18. A stated disadvantage of the co-leadership model is:
- A. Differences in power and privilege among leaders
 - B. Increased burnout
 - C. Counter-transference
 - D. Competition

ANS: D PG: 47

19. Studies have determined that group therapy is:
- A. Equally or, in some cases more, effective than individual therapy
 - B. Less effective than individual therapy, though more financially feasible
 - C. Less effective than individual therapy though more popular
 - D. Equal in effectiveness when compared to group therapy

ANS: A PG: 48

20. Yalom (2005b) advocates a nontraditional view of _____ in terms of increasing the effectiveness of counselors and group leaders:
- A. Continuing education
 - B. Research
 - C. Theories
 - D. Clinical training

ANS: B PG: 48