

Chapter 1: Introduction to Helping

Student: _____

1. Which of the following is one of the formal helping roles in which practitioners are trained to help people manage the distressing problems of life?
 - A. police officer
 - B. psychologist
 - C. organizational consultant
 - D. parent

2. According to *The Skilled Helper* by Gerard Egan, which of the following is an important goal of helping?
 - A. to identify problems
 - B. to develop new relationships
 - C. to transcend problems by taking advantage of new possibilities in life
 - D. to do away with negative emotions

3. According to Egan, which of the following is *not* a principle goal of helping?
 - A. to help clients understand the impact of their parents on their own lives
 - B. to help clients manage their problems in living more effectively and developing unused or underused resources and opportunities more fully
 - C. to help clients become better at helping themselves in their everyday lives
 - D. to help clients develop action-oriented prevention mentalities in their lives

4. According to Egan, in order to help clients live more fully helpers can benefit by having a conceptual model of what _____ looks like.
 - A. immaturity
 - B. the client's developmental history
 - C. optimal human functioning
 - D. defensive coping

5. Which of the following philosophies addresses the question of how we know what we know?
 - A. positivism
 - B. epistemology
 - C. optimism
 - D. constructivism

6. Evidence-based practice
- A. can be learned through careful study and by adhering to professional standards of the helping practice.
 - B. is of no value because of the many complex variables that make it difficult to assess outcomes.
 - C. is very valuable because it ensures proper treatment of clients.
 - D. reflects an ongoing professional struggle to determine the most effective helping practices.
7. Which of the following four statements was *not* included in Surgeon General Satcher's report on what constitutes good mental health?
- A. Mental disorders are real health conditions.
 - B. A range of treatments exists for most disorders.
 - C. The efficacy of mental health treatment remains poorly documented.
 - D. Mental health is fundamental to physical or overall health.
8. Pooling the findings of leading international researchers who studied the effectiveness of helping, Boisvert and Faust found that:
- A. therapy is helpful to the majority of clients.
 - B. in general, therapies achieve different outcomes.
 - C. the relationship between the therapist and the client is the best predictor of treatment outcome.
 - D. all of the above
9. Which of the following is *not* characteristic of positive psychology, according to Seligman and Csikszentmihalyi?
- A. subjective well-being, happiness, hope, optimism
 - B. interpersonal skills, the capacity for love, forgiveness, civility, nurturance, altruism
 - C. a strong and positive relationship between client and helper.
 - D. future mindedness, originality, creativity, talent
10. Which statement about helpers is *not* true?
- A. By following established procedures, all helpers will achieve similar results with similar clients.
 - B. There is considerable variability in outcome within the caseloads of individual helpers.
 - C. Variations in success rates typically have more to do with the therapist than with the type of treatment.
 - D. Little has been written about how helpers deal with failures in therapy.
11. According to Egan, which of the following statements characterizes a helper's "working knowledge" within the helping situation?
- A. a thorough understanding of a wide range of theories
 - B. a complete understanding of the client's life
 - C. the translation of the broad range of theories into a personal theory that the helper uses in every situation.
 - D. the translation of theory and research into the kind of applied understandings that enable helpers to work with clients

12. According to Egan, which of the following examples of “working knowledge” is not a part of the professional curriculum?
- A. a thorough understanding of the needs and experiences of one special population
 - B. abnormal psychology
 - C. the principles of cognitive psychology
 - D. applied social psychology
13. Egan suggests that “abnormal psychology” can be understood as ____.
- A. a systematic understanding of psychosis
 - B. a systematic understanding of people who are not part of the mainstream
 - C. a systematic understanding of the ways in which individuals get into cognitive, emotional, behavioral, and social trouble
 - D. a systematic understanding of personal idiosyncrasies
14. All those things that adversely affect the helping relationship, process, outcomes, and impact in substantive ways but are not identified and explored by helper or client or even by the profession itself are called ____.
- A. client intractability
 - B. counter transference
 - C. the shadow side of helping
 - D. the human condition
15. Which of the following statements characterizes an effective helper?
- A. The most effective helpers are those who most skillfully apply theory to clinical practice.
 - B. Effective helpers understand the limitations not only of helping theories, frameworks, and models but also of helpers, the helping profession, clients, and the environments that affect the helping process.
 - C. Effective helpers understand that there are no limitations to what one can accomplish when one has completely mastered the helping framework.
 - D. The most effective helpers understand that there is no place for personal wisdom in the helping process since clinical work must be thoroughly grounded in impersonal research and science.
16. Discuss what Egan means by problem situations, missed opportunities and unused potential in people’s lives. How does he believe they can be used in helping? To support your answer, use examples from the case of Martha.

20. What is the shadow side of counseling, and how might it affect the helping process?

21. What are the characteristics of a helper's wisdom?

Chapter 1: Introduction to Helping **Key**

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