**Chapter 1:** Counseling Theory, Competency, Research, and You: Connecting the Dots

1. Therapeutic theories provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. a step-by-step guideline for sessions
   2. a means for sifting through information and identifying key areas of change
   3. therapists a way to speak the language of the client.
   4. a replacement for medication

Answer B (Why Theory Matters)

1. Which of the following statements best represents the effect the competency movement, the expanded research base, and the evidence-based treatment movements have on theory?
   1. These movements have made using theory more complicated for the client.
   2. These movements have helped change the need for theory, relying on information to guide the session rather than theory.
   3. These movement have changed how theory is conceptualized, adapted, and applied.
   4. These movements have helped illustrate the ambiguous nature of theory.

Answer C (Connecting with Theory: Do I Have To Choose Just One?)

1. Competencies refers to a necessary set of skills, consistent across all disciplines, in which the counselor must learn to interact in a way that is best for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. the chosen theory
   2. the changing situation
   3. the client
   4. the counselor

Answer C (Connecting with Theory: Do I Have To Choose Just One?)

1. The major mental health disciplines agree that the competent use of theory entails all of the following areas EXCEPT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. assessment and diagnosis
   2. diversity and multicultural competence
   3. research and the evidence base
   4. the person-of-the-therapist

Answer A (Common Threads of Competency)

1. Regarding diversity and multicultural competence, it is important to recognize that everything one thinks, does or says is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. contextualized and should be informed by diversity issues
   2. informed by training and practice and is more likely accurate than client perspective
   3. better informed if the counselor has also experienced being marginalized
   4. biased and therefore it is better for clients to seek counselors with similar backgrounds

Answer A (Common Threads of Competency)

1. Which of the following statements is TRUE about a therapist who is competent working with diversity issues?
   1. A therapist who says, “I don’t have any culture.” and therefore cannot help with diversity issues is competent in diversity issues.
   2. A therapist who reports being from a diverse or marginalized group, making them an expert in diversity issues.
   3. A therapist who admits handling diversity issues is a career-long struggle and a journey that adds depth to the person-of-the-therapist.
   4. A therapist who assumes because they have read about topics in diversity, that they are competent in diversity issues.

Answer C (Diversity and Competency)

1. The mental health movement to become more evidence based involves using existing research to inform clinical decisions and treatment planning, and which of the following?
   1. Learning evidence-based treatments that are specific for working with distinct populations and issues.
   2. Focusing that research in one area to gain expertise and skimming other areas to ensure basic understanding.
   3. Becoming well versed in one evidence-based theory, so that it can be applied efficiently and effectively.
   4. Understanding that once you have practiced for some time, this will no longer be necessary.

Answer A (Research and Competency)

1. There is much disagreement between professional mental health organizations and federal and state laws regarding the key issues and principles.
   1. True
   2. False

Answer B (Law, Ethics, and Competency)

1. Ethical counseling concerns all of the following EXCEPT:
   1. adaptation of the counseling approach to respect client diversity.
   2. open discussion about how confidential information will be handled when working with couples and families.
   3. counselor awareness that personal concerns may be affecting the ability to work with a client.
   4. understanding the right of parents to any and all information pertaining to their children.

Answer D (Law, Ethics, and Competency)

1. Regarding person-of-the-therapist competence, research indicates that clients need to feel \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. hope; safety; confidence
   2. heard; understood; accepted
   3. trusted; competent; appreciated
   4. valued; intelligent; capable

Answer B (Person-of-the-Counselor and Competency)

1. Common factors research and evidence-based treatment research have forced counselors and therapists to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. provide clients with a step-by-step guideline for sessions
   2. sift through difficult information in order to identify key areas of change
   3. reexamine their assumptions about theory
   4. find a replacement for traditional diagnosis

Answer C (Research and the Evidence Base)

1. Common factors proponents, supported by metaanalyses of outcome studies, contend that the effectiveness of counseling has more to do with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than with a specific theory?
   1. unique components of a specific theory
   2. counselor education and training
   3. how ready the client is for therapy
   4. key elements found in all theories

Answer D (Common Factors Research: Reframing Theory)

1. There are two general categories of client factors which impact the effectiveness of therapy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as motivation to change and personal strengths and resources, as well as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as social support and community involvement.
   1. mental wellness; family wellness
   2. personal discourse; dominant discourse
   3. client characteristics; extratherapeutic factors
   4. client education; counselor knowledge

Answer C (Common Factors Research: Reframing Theory)

1. Common factors research reflects the importance of the counseling relationship in predicting therapeutic outcomes as evidenced by the strong correlation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ evaluation with positive outcomes.
   1. client
   2. therapist
   3. standardized
   4. mental health

Answer A (Common Factors Research: Reframing Theory)

1. Of importance to the impact of counseling is the *placebo effect*, which refers to which of the following?
   1. The therapist’s hope that change can be made.
   2. The client’s belief that counseling will help them resolve their problem.
   3. The client’s belief that the therapist can fix their problem.
   4. The family’s support of the client during counseling.

Answer B (Common Factors Research: Reframing Theory)

1. Another thread in the debate about the effectiveness of theory involves empirically supported treatments (EST’s), generally referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. common factors research
   2. evidence-based practice
   3. evidence-based therapies
   4. theory-based practice

Answer C (Show Me Proof: Evidence-Based Treatments and Practice)

1. EST’s meet all of the following criteria EXCEPT:
   1. use of no-treatment control, alternative treatment, and placebo treatment groups.
   2. a specific population with a specific identified problem.
   3. use of reliable and valid outcome measures.
   4. treatment based on theoretical orientation vs. use of a written treatment manual.

Answer D (Show Me Proof: Evidence-Based Treatments and Practice)

1. Efficacious treatments meet all of the same criteria as EST’s *and* which of the following additional criteria?
   1. Utilize only the unique components of a specific theory.
   2. Reflect at least three of the common factors.
   3. Prove superior to at least two other studies.
   4. Are subjected to two independent investigations.

Answer D (Show Me Proof: Evidence-Based Treatments and Practice)

1. Efficacious and specific treatments meet all of the same criteria as EST’s *and* which of the following additional criteria?
   1. Utilize only the unique components of a specific theory.
   2. Reflect at least three of the common factors.
   3. Prove superior to at least two other studies.
   4. Be subjected to two independent investigations.

Answer C (Show Me Proof: Evidence-Based Treatments and Practice)

1. Evidence-based practice (EBP) is a more practical approach than EST’s and uses research and the evidence base by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. allowing it to inform the question, evaluating the impact of the research, and determining if the research is applicable to the situation
   2. developing a question, allowing the client to research information, deciding together if the research is applicable to the situation
   3. using standardized measures to evaluate therapeutic progress
   4. using common factors research to define therapeutic outcomes

Answer A (Show Me Proof: Evidence-Based Treatments and Practice)

**Short Answer**

1. What role do competencies play in our profession?
2. In what ways is diversity important in competency?
3. What personal characteristics are important to possess as a competent therapist?
4. What is meant by the statement, “The common factors approach requires counselors not to relinquish counseling models but rather to understand their purpose differently.”?
5. How does using research inform treatment and measure one’s effectiveness through client progress?