1. Clients have the right to:
   a. access copies of their records
   b. control the dissemination of their records
   c. destroy their original records
   d. a and b

2. What does the acronym SOAP stand for?

3. Mental Status Examinations (MSEs) can only be performed by M.D. Psychiatrists.  A. True  or  B. False  (circle one)

4. A client walks into your office and discloses that she is suicidal.  Briefly describe the actions you would take with this client (174):

5. What is the name of the most widely used system for psychiatric diagnosis in the United States?  ____________________________

6. On which axis of the text mentioned above are personality disorders?

7. This text also uses a multiaxial diagnostic system that involves assessment on ___________ different axes.

8. There is research that indicates additional counseling sessions, on average, are needed when clients report a great deal of distress in early sessions.
   a. True
   b. False
9. In the initial stages of counseling each client should be provided with a(n):
   a. Informed Consent Checklist
   b. Professional Disclosure Statement
   c. Client Contract
   d. Counselor’s favorite gifts

10. What are the primary ways a client responds to confrontation?
    a. Denial
    b. Accepting some aspect of the confrontation as true
    c. Fully accepting the confrontation and agreeing to try to resolve the inconsistency
    d. all of the above

11. *Fading* is a counseling term related to the termination phase of counseling.
    a. True
    b. False

12. People with PTSD (Posttraumatic stress disorder) can exhibit:
    a. flashbacks
    b. emotional numbing
    c. coexisting disorders
    d. all of the above

13. In advocacy, *outreach* refers to:
    a. initiating behaviors toward people in need in order to make a helpful difference, such as helping communities find new ways to cope with stressors.
    b. actions taken to reduce problems such as poverty, inequalities, and prejudice.
    c. using power to limit or obstruct vulnerable groups’ access to basic societal rights.
    d. none of the above.

14. There are two Chinese characters composing the word *crisis*. What word does each one represent?

15. A period of crisis is time-limited and usually lasts no longer than:
    a. 8 to 10 weeks
    b. 8 to 12 weeks
    c. 6 to 8 weeks
    d. 6 to 12 weeks

16. Developmental crises usually occur during:
    a. the normal flow of human growth and maturation
    b. intense, pervasive inner conflict and reflection
    c. a natural disaster
    d. an unexpected and extraordinary event
17. The division of ACA where counselors can focus primarily on advocacy issues is:
   a. Counselors for Advocacy and Justice (CAJ)
   b. Counselors for Social Justice (CSJ)
   c. Counselors for Change (CC)
   d. Concerned Counselors for Justice (CCJ)

18. Process evaluation provides information about how well a program is implemented, whereas outcome evaluation provides information about:
   a. the completion of goals and visions of the program
   b. the degree of achievement of goals and objectives of the program
   c. the effectiveness of needs assessment
   d. the measure of the program content

19. Follow-up after termination of counseling can be accomplished by:
   a. Phone calls to the client
   b. Face-to-face session with the client
   c. Correspondence with the client
   d. All of the above

20. ______________ is provided throughout all the stages of counseling, but it is especially important at the beginning. Finding a balance between too much and too little of this can be challenging.

21. ______________ is a critical phase in a person’s life when his or her normal ways of dealing with the world are suddenly interrupted.

22. Counseling by its very nature is a process that occurs over time. Although counseling is not a linear process, it can be helpful conceptually to divide the process into these three stages. The three stages are: ______________________
    ______________________
    ______________________

23. ______________ can be thought of as the motivation to change.

24. The book listed 22 forms of resistance. Please name four:
    ______________
    ______________
    ______________
    ______________

25. ______________ involves pointing out discrepancies in client’s beliefs, actions, words, or nonverbal behaviors.

26. What types of disorders are among the most treatment-resistant of the disorders?
   a. personality disorders
   b. adjustment disorders
   c. sleep disorders
   d. eating disorders
27. List at least 5 of the 7 main areas of clinical focus for assessing suicide risk. (173)
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

28. James (2008) emphasized the importance of distinguishing between different types of crises. He described four crisis domains. Please list at least two.
   __________________________________________

29. What are the 6 steps of the Six-Step Model of Crisis Intervention? Please give a short description of what needs to occur during each step. (196-197)
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

30. ACA has teamed up with _________________ to provide disaster mental health training to counselors.

31. Briefly discuss the definition and description of Crisis Intervention (193)
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

32. The wheel of wellness consists of what major life task(s)?
   a. spirituality
   b. self-direction
   c. work and leisure
   d. all of the above

33. Typical prevention programs aimed at helping people manage stress more effectively often focus on the following except: (205)
   a. defining the course of unmanaged stress
   b. identifying sources of stress
   c. recognizing the physical and emotional consequences of stress
   d. learning and implementing adaptive coping responses
34. Give 1 example of process evaluation (also known as formative evaluation). (214)

35. Exposure to the suicidal behavior of others, including media figures, can increase the risk of suicide.
   A. True
   B. False

36. All depressed clients should be evaluated to determine suicidal ideation.
   A. True
   B. False

37. The following terms are interchangeable with treatment plan except:
   a. Service plan
   b. Residential plan
   c. Plan of care
   d. None of the above

38. Assessment and diagnosis often occur primarily in the:
   a. Working stage
   b. Contemplative stage
   c. Initial stage
   d. Screening stage

39. When an error is made in the client record, the counselor should:
   a. Use White-out to alter the mistake
   b. Use an ink pen to cross through the error, note error, and correct entry
   c. Strike out entire error and rewrite the correct information under the blocked notation
   d. None of the above

40. Clinical mental health counselors are integrally involved in quality assurance monitoring activities. (214)
   a. True
   b. False
41. Describe challenges related to program evaluation and ways you would address those challenges in your hypothetical counseling setting. (215)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

42. If a client threatens to kill or harm someone, the counselor has the responsibility of
   a. Mandated reporting
   b. Duty to warn
   c. Crisis based treatment
   d. None of the above

43. __________________ is the last phase of counseling and refers to the decision made by the client, counselor, or both parties to stop counseling.

44. When the counseling process is over, a ________________ needs to be written and added to the client’s record.

45. ________________ entails checking to see how the client is doing, with respect to the presenting issue, sometime after the counseling has ended.

46. ________________ involves arranging other assistance for clients when initial arrangements are not likely to be helpful.

47. ________________ involves the reexamination of all phases of the therapeutic process.

48. To help ensure the provision of informed consent, counselors will want to prepare a ____________________________, which provides information to clients about the counselor and about the counseling process.

49. A major goal of secondary prevention in working with those at risk of developing a mental health problem is to: (200)
   a. forestall or alleviate problems
   b. reduce debilitating effects of problems
   c. identify problems
   d. none of the above
50. A ______________________ is the document that explains why the client is receiving services and what is going to take place in counseling.

Extra Credit:

Draw and describe your ideal counseling room set-up. Why did you choose what you chose? What age group is your room geared toward, and in what way? Base your answer on material form the text.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Please grade your participation: A   B   C
Key

1. D
2. Subjective, Objective, Assessment & Plan
3. B. False
4. Short answer
5. The Diagnostic and Statistical Manual of Mental Disorders, IV Test Revision
6. II
7. 5
8. a
9. b
10. d
11. a. True
12. d
13. a
14. danger and opportunity
15. c
16. a
17. b
18. b
19. d
20. Structure
21. Crisis
22. Initial, working, and termination
23. Initiative
24. p.141
25. Confrontation
26. a
27. Verbal communication, plan, method, preparation, stressors, mental state, hopelessness
28. Developmental, situational, existential, ecosystem
29. Short answer
30. American Red Cross
31. Short answer
32. d
33. a
34. Short answer
35. A. True
36. A. True
37. d
38. c
39. b
40. a. True
41. Short answer
42. b
43. Termination
44. Termination summary or closing statement
45. Follow-up
46. Referral
47. Recycling
48. Professional disclosure statement
49. A
50. Treatment plan