1. The most commonly occurring mental health problem in the United States is: (333)
   a. substance-related disorders
   b. eating disorders
   c. personality disorders
   d. none of the above

2. In 2009, CACREP created standards for this new counseling specialty for counselor education programs:
   a. Mental Health Counseling
   b. Internet Counseling
   c. Addiction Counseling
   d. None of the above

3. List at least four different community/clinical counseling settings:
   a.
   b.
   c.
   d.

4. An ______________________ is “an objective and unbiased person with specialized knowledge, skills, or information, who can assist a judge or jury in reaching an appropriate legal decision”

5. __________________________ is now considered “the single most important influence on the practice of counseling and psychotherapy?”

6. The use of ___________________ and other ____________________ that potentiate levels of dopamine and norepinephrine show the greatest promise in the pharmacologic treatment of ADHD. (name the two types of meds).

7. Which of these medications is NOT an SSRI:
   a. Luvox
   b. Celexa
   c. Lithium
   d. Prozac

8. In 1976, ______________ became the first state to pass a licensure law for professional counselors.
9. According to the book, Counselors from many walks of life have grown to see ______ as a dimension that most clients have an interest in and that sometimes needs addressing in counseling.
   a. Financial gain
   b. Mindfulness
   c. Spirituality
   d. Electric shock therapy

10. According to Swanson’s (1983) guidelines for assessing whether counselors are acting in ethically responsible ways, counselors should:
   a. act with personal and professional honesty
   b. act in the best interest of clients
   c. act without malice or personal gain
   d. all of the above

11. Please provide THREE Latin abbreviations (and their meanings) used by prescribing professionals that therapists may encounter when reviewing records.

<table>
<thead>
<tr>
<th>ABBREVIATION</th>
<th>MEANING</th>
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12. Prolonged exposure to clients who have experienced tragedy can lead to “____________________ fatigue”

13. Community or Clinical Mental Health Counseling can be defined as:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

14. What could potentially override confidentiality?
   a. The counselor needs to discuss a case to get it off his or her chest
   b. The law mandates having the counselor speak about the case
   c. The client is of potential harm to him of herself or to somebody else
   d. b. and c.
15. Briefly describe the *Tarasoff v. Board of Regents of the University of California* and the connection to the term “Duty to Warn.”

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16. Service delivery in the United States continues to go through transition. Briefly describe the current situation of the community mental health centers in North Carolina as outlined in your text (322):

_________________________________________
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17. In 19__ counselors were legally recognized as professionals.

18. _________________ is the most restrictive form of state regulation for the practice of a profession.

19. The leading professional association for counseling is:
   a. The American Mental Health Counselors Association (AMHCA)
   b. The International Associations of Addictions and Offender Counselors (IAAOC)
   c. National Counselors Association (NCA)
   d. None of the above
20. The most common acronym among all the states with licensure boards denoting a licensed counselor is:
   a. CPC
   b. LPC
   c. LCMHC
   d. LCPC

21. Research suggests that antidepressants and __________________ have been shown to be helpful for patients with seasonal affective disorder.

22. Clinical counselors, in particular, should be familiar with ethical codes as adopted by the following entities:
   a. American Counseling Association (ACA)
   b. National Board of Certified Counselors (NBCC)
   c. Community Counseling Association (CCA) of ACA
   d. a & b

23. __________________________ is the leading cause of malpractice among mental health practitioners.

24. One of the oldest moral principles originating with the work of Greek physicians’ dictate to “above all, do no harm” is best defined by the following term:
   a. malfeasance
   b. nonmaleficence
   c. beneficence
   d. Hippocrates

25. According to the ACA guidelines, what should be a counselor’s first step when he or she is uncertain about the ethical behavior of another counselor?
   a. Report the problem to the ACA board of ethics
   b. Confront the counselor in question with a written statement
   c. Discuss the problem with one’s other coworkers
   d. Address the counselor in question informally

26. The four major side effects to expect from taking antidepressants all start with the letter S. Please list all four side effects:
   ____________________________________________________________

27. The two main objectives of managed care are to:
   a. maintain costs and monitor treatment
   b. maintain costs and ensure quality care
   c. contain costs and ensure quality care
   d. contain costs and monitor quality care
28. “Downcoding” is an example of a counselor:
   a. assigning a more serious diagnosis than is warranted to obtain more authorized sessions
   b. assigning 4 fewer codes to a diagnosis in the DSM multiaxial system
   c. assigning a less serious diagnosis so that a client may obtain treatment
   d. misdiagnosing a client

29. Online counseling should only occur when encryption methods are used.
   a. True
   b. False

30. Using computers in counseling:
   a. ensures that all clients are given equal opportunity to communicate with the counselor
   b. makes it difficult to ensure confidentiality
   c. alienates those clients without access to a home computer
   d. a and b but not c
   e. b and c but not a

31. A client is being released from a state psychiatric facility and needing services in a community setting. Describe the deinstitutionalization reform movement and the evolution of community mental health centers that have improved service delivery opportunities for this client (321):

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
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   ______________________________________________________
32. For service delivery issues, name at least 4 of the 5 principles guiding community-based mental health practices and the provision of comprehensive mental health care. (322)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

33. Asking about a client’s spirituality has become a fundamental intake question.
   a. True
   b. False

34. The five core elements of service in the community mental health centers with the Community Mental Health Centers Act in 1963 included all but the following (321):
   a. wraparound services
   b. inpatient services
   c. outpatient services
   d. emergency/crisis interventions

35. Counselors working in hospice programs need to be skilled in:
   a. grief and bereavement counseling
   b. death education
   c. self-awareness about death
   d. all of the above

36. When a managed care organization fails to authorize further sessions and the counselor sees the need for continued treatment, the counselor could do all of the following except: (108)
   a. Refer the client(s) to alternative treatment sources
   b. Continue counseling pro bono
   c. Negotiate lower fees with the client
   d. Negotiate longer treatment with the managed care organization

37. Define the term Potentiation:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

38. The most common way that a drug is administered is by ________________.
39. Briefly describe the importance of studying Psychopharmacology.


40. Almost all of the Fortune 500 companies in the United States offer:
   a. career counseling services
   b. Employee Assistant Programs
   c. Onsite Individual Outpatient Counseling
   d. Daycare services for employee children

41. What are some advantages and disadvantages of managed care? Name at least two of each. (107)


42. Federal funding of community mental health centers changed with the passage of the Omnibus Budget Reconciliation Act in 1981 where federal funding was allocated through block grants to be: (321)
   a. used according to a federal formula
   b. used by states as they determined
   c. available through federal grant applications
   d. none of the above

43. Humor can be helpful to counselors in maintaining effectiveness because:
   a. humor helps stimulate the immune system
   b. humor helps generate creativity
   c. humor helps defuse tense situations
   d. all of the above

44. Duty to warn includes a counselor making reasonable attempts to warn those:
   a. identified as potential victims of harm by the client
   b. individuals whose property has been threatened
   c. neither a or b
   d. both a and b
45. Benzodiazepines are commonly used to treat ____________________.

46. Why was the National Institute of Mental Health established during the 1940s?
   a. to set up a systematized guidance program in community counseling setting
   b. to help those military personnel who suffered emotional break downs during the war
   c. to professionalize the first marriage and family counseling centers
   d. to form a group that would allow all mental health professionals a way to meet and gather information

47. What was the impetus for the development of counseling in the United States?
   a. The Industrial Revolution
   b. The social welfare reform movement
   c. The spread of the public education
   d. all of the above

48. What are the most pressing concerns of the 21st century in counseling?
   a. Finding ways to deal with conflict
   b. Finding ways to deal with violence
   c. Finding ways to deal with trauma
   d. All of the above

49. Describe how Mental Health Professionals are placed on Provider Panels (111):

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

50. Dr. Scott states that sexual dual relationships should occur when?
   a. After the third session
   b. After 5 years post counseling
   c. Never
   d. After a couple of drinks at the local bar

Extra Credit: What was the question the managed care consultant asked Dr. Scott about the client’s gun during the admission process:______________________________________________________________

Please grade your participation in this class: A B C D
Answer key 805 mid-term exam

1. A
2. C
3. Short Answer
4. Expert witness
5. Managed care
6. Stimulants and antidepressants
7. C
8. Virginia
9. C
10. D
11. Page 19 in Sinacola
12. Compassion
13. Short Answer
14. D
15. Short Answer
16. Short Answer
17. 71
18. Licensure
19. D
20. B
21. Light Therapy or Light Boxes
22. D
23. Sexual Misconduct
24. B
25. D
26. Sexual, sedation, seizure, and stomach
27. C
28. C
29. A
30. E
31. Essay question
32. Short answer
33. A
34. A
35. D
36. C
37. One drug may enhance the effect of a second drug
38. Mouth or orally
39. Short Answer
40. B
41. Short answer
42. B
43. D
44. D
45. Anxiety
46. B
47. D
48. D
49. Short answer
50. C

EC: Does it have bullets in it?