

**Chapter 1 - Multiple Choice Examination Questions:**

1. Becoming a reflective practitioner means
  - A. mirroring, or showing clients hidden aspects of themselves.
  - B. using personal awareness to maximize growth as a helper.
  - C. becoming licensed in reflective techniques and procedures.
  - D. both A and B.
  
2. Feelings of uncertainty or incompetence are best resolved by focusing on
  - A. the client.
  - B. the textbook.
  - C. coworkers.
  - D. yourself.
  
3. Which of the following is not one of Perry's stages of development?
  - A. Relativistic
  - B. Simplistic
  - C. Multiplistic
  - D. Dualistic
  
4. In order to take responsibility for his or her own learning, a student can learn best by
  - A. openly comparing his or her skills with others.
  - B. learning to take thorough notes in class.
  - C. remaining open to feedback and corrective suggestions.
  - D. keeping difficulties private until you have learned to move beyond them.
  
5. Which of the following was not suggested as an ethical guideline?
  - A. Confidentiality
  - B. Avoiding value judgments.
  - C. Remaining focused on goals.
  - D. Using only techniques in which you have received sufficient education and experience.
  
6. The ongoing developmental needs of helpers can be met through
  - A. professional journals.
  - B. personal growth
  - C. professional licensure
  - D. both A and B.
  
7. The attitude that all persons have inherent value or worth is
  - A. empathy.

- B. positive regard.
- C. congruence.
- D. self-esteem.

8. Which of the following does the author of the text consider key characteristics of effective helpers?
- A. Good self care skills
  - B. Strong self- esteem
  - C. Creativity and flexibility
  - D. All of the above

**Chapter 1 - Multiple Choice Answer Key:**

- 1. B (pg. 3)
- 2. D (pg. 4)
- 3. B (pgs. 8-11)
- 4. C (pg. 14)
- 5. C (pgs. 16-17)
- 6. A (pg. 19)
- 7. B (pg. 19)
- 8. D (pgs. 20-21)

**Chapter 1 - Essay Examination Questions:**

- 1. List and describe three personal reactions to clients that could interfere with the therapeutic relationship.
- 2. Describe what it means to be a “reflective practitioner.”
- 3. Identify and discuss each of the three stages of cognitive development as identified by Perry.
- 4. Discuss three ways a helper can take responsibility for his or her own learning.
- 5. Discuss the three personal characteristics that Carl Rogers believed to be essential for a helper.

**Chapter 1 – Essay Answer Key:**

**Question 1 – (pg. 2)**

- A helper’s self-doubt may cause the client to question the helper’s competence.
- Personal prejudices may interfere with the helper’s ability to understand and accept the client’s worldview.
- Feelings of attraction can interfere with the helper’s ability to objectively help the client.
- Clients notice the helper’s feelings of repulsion and react to them.
- Frustration may lead the helper to push a client to accept the helper’s goals.

**Question 2 – (pgs. 2-6)**

A reflective practitioner makes a commitment to personal awareness, gaining feedback from others, and reflecting on how he or she can improve client-oriented skills and attitudes.

**Question 3** – (pgs. 8-11)

- Dualistic or “Right/Wrong” Stage- Characterized by the belief that a helper’s responses to a client are either right or wrong.
- Multiplistic Stage- The helper discovers that there are multiple ways of responding to the same client statement. The helper may feel frustrated and act defensive with a supervisor who corrects him or her because they have not yet learned how to prioritize possible interventions.
- Relativistic Stage- Characterized by learning that although many types of responses may be appropriate, some are relatively better than others are. In this stage, the helper understands that his or her choice of responses will have particular repercussions.

**Question 4** – (pgs. 4-6;13-16)

- Report areas where you are having problems to your instructor.
- Practice skills with fellow students.
- Watch videotapes of your performance.
- Educate yourself by reading.
- Find a mentor.
- Journal and reflect on your experiences.
- Request feedback from instructors and peers.

**Question 5** - (pgs. 19-20)

- Congruence- The ability to be completely genuine with others. It is the consistency between what one feels, says, and does.
- Positive Regard- Respect for the personhood of each client and a belief that all persons have inherent worth.
- Empathy- The ability to understand another person’s feelings and worldview.