

Chapter 2. Counseling Encounters in Multicultural Contexts: An Introduction

1. Counseling is principally concerned with

- a. Directing
- b. Advising
- c. Warning
- *d. Facilitating

Cognitive domain: Application

Answer location: Preliminary Considerations

Question type: MC

2. The counselor's role can be likened to that of

- *a. A catalyst
- b. Principal
- c. Chief
- d. Teacher

Cognitive domain: Knowledge

Answer location: Preliminary Considerations

Question type: MC

3. Paul Pedersen has proposed that culture is transmitted by a multitude of

- a. Culture healers
- *b. Culture teachers
- c. Culture elders
- d. Culture leaders

Cognitive domain: Knowledge

Answer location: The Ubiquity of Cultural Concerns

Question type: MC

4. Arthur and Collins (2010), describe _____ as “the conscious and purposeful infusion of cultural awareness and sensitivity into all aspects of the counseling process”

- *a. Culture-infused counseling
- b. Client focused counseling
- c. Minority-centered counseling
- d. Consumer counseling

Cognitive domain: Comprehension

Answer location: Preliminary Considerations

Question type: MC

5. _____ is a complex concept with an elusive core and fuzzy boundaries

- a. Awareness
- *b. Culture
- c. Therapy
- d. Empathy

Cognitive domain: Knowledge

Answer location: Cultures: Multiple, Complex, National, and Global

Question type: MC

6. Culture refers to the distinctive, _____ part of the environment (Herskovits, 1948) that encompasses both the artifacts created by the human species and the mental products that have accrued over many millennia.

- a. Nature-made
- b. Natural
- *c. Human-made
- d. Ordinary

Cognitive domain: Knowledge

Answer location: Cultures: Multiple, Complex, National, and Global

Question type: MC

7. Culture is represented _____ as artifacts, roles, and institutions

- a. Generally
- b. Internationally
- c. Internally
- *d. Externally

Cognitive domain: Analysis

Answer location: Cultures: Multiple, Complex, National, and Global

Question type: MC

8. Culture is represented _____ as values, beliefs, attitudes, epistemology, consciousness, and biological functioning.

- a. Generally
- b. Internationally
- *c. Internally
- d. Externally

Cognitive domain: Analysis

Answer location: Cultures: Multiple, Complex, National, and Global

Question type: MC

9. _____ encompasses the constructive, reality-based aspects of the relationship between the therapist and the client.

- a. Counter-transference
- b. The culture alliance
- *c. The therapeutic alliance
- d. The conscious vibe

Cognitive domain: Comprehension

Answer location: Relationships That Work: The Therapeutic Alliance

Question type: MC

10. In metaphorical terms, the interdependent self can be likened to

- a. A wall
- b. A tree
- *c. A bridge

d. A pot

Cognitive domain: Comprehension

Answer location: Self in Culture

Question type: MC

11. _____ self is malleable in response to situations and experiences.

*a. Interdependent

b. Independent

c. Relational

d. Interpersonal

Cognitive domain: Comprehension

Answer location: Self in Culture

Question type: MC

12. _____ pertains to societies in which persons are integrated into strong cohesive in-groups which protect them in exchange for unquestioning loyalty

a. Capitalism

b. Autonomous

c. Individualism

*d. Collectivism

Cognitive domain: Comprehension

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: MC

13. Norcross and Wampold (2011a) conclude that evidence-based practice rests on the following three pillars EXCEPT?

*a. Counselor authenticity

b. Clinical expertise

c. Patient characteristics

d. Best available research

Cognitive domain: Analysis

Answer location: Evidence-Based and/or Culturally Sensitive Services: Isolation, Divergence, or Integration

Question type: MC

14. According to Leong (1996), all of the following are called for during all counseling experience EXCEPT?

a. Maximal flexibility

b. Spontaneity

*c. Constraint

d. Authenticity

Cognitive domain: Analysis

Answer location: Toward Integrating Universal, Cultural, and Individual Threads in Counseling

Question type: MC

15. In _____ societies, the ties between individuals are loose and everyone is expected to look after himself or herself and his or her immediate family.

- *a. Individualistic
- b. Collectivist
- c. Asian
- d. African

Cognitive domain: Application

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: MC

16. Which self is crystallized, explicit, differentiated, and slow and difficult to change?

- a. Interdependent
- *b. Independent
- c. Relational
- d. Interpersonal

Cognitive domain: Comprehension

Answer location: Self in Culture

Question type: MC

17. In metaphorical terms, the interdependent self can be likened to

- *a. A wall
- b. A tree
- c. A bridge
- d. A pot

Cognitive domain: Comprehension

Answer location: Self in Culture

Question type: MC

18. The _____ self is prevalent in Euro-American countries.

- a. Interdependent
- *b. Independent
- c. Relational
- d. Interpersonal

Cognitive domain: Comprehension

Answer location: Self in Culture

Question type: MC

19. Miserandino (2012) describes the self as

- a. All that a person can call his
- *b. The set of ideas and inferences we hold about ourselves
- c. Complete “me”
- d. The flexible identity

Cognitive domain: Knowledge

Answer location: Self in Culture

Question type: MC

20. _____ involves pinpointing links between a person's behavior and her or his environment or, more specifically, between a response and its antecedents and consequents.

a. Guided discovery

*b. Functional analysis

c. Imagery analysis

d. Practical discovery

Cognitive domain: Application

Answer location: Culturally Adapted Cognitive-Behavioral Therapy and EBT: A Case of Convergence

Question type: MC

21. The independent or autonomous self is prevalent in Asian countries.

a. True

*b. False

Cognitive domain: Knowledge

Answer location: Self in Culture

Question type: TF

22. Collectivists tend to function more effectively in impersonal institutions such as corporations and government offices.

a. True

*b. False

Cognitive domain: Comprehension

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: TF

23. Collectivists may feel thwarted in the realization of their personal aspirations.

*a. True

b. False

Cognitive domain: Comprehension

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: TF

24. Pioneers of American counseling proceeded from the assumption that individuals are the primary recipients of intervention and that they are responsible for their circumstances.

*a. True

b. False

Cognitive domain: Comprehension

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: TF

25. In Hofstede's four dimensions, long-term orientation suggests the level of willingness of members of the culture to forgo short-term rewards in the interest of long-term goals.

*a. True

b. False

Cognitive domain: Comprehension

Answer location: Hofstede's Other Dimensions

Question type: TF

26. The presenting problems of a culturally distinct client are always related to his or her cultural experience or background.

a. True

*b. False

Cognitive domain: Comprehension

Answer location: Toward Integrating Universal, Cultural, and Individual Threads in Counseling

Question type: TF

27. A counselor should at all times maintain awareness of the unique interaction between a counselee and his or her culturally mediated experience.

*a. True

b. False

Cognitive domain: Comprehension

Answer location: Toward Integrating Universal, Cultural, and Individual Threads in Counseling

Question type: TF

28. Low-context communication is characterized by avoidance of confrontation and of verbal assertiveness.

a. True

*b. False

Cognitive domain: Comprehension

Answer location: Toward Integrating Universal, Cultural, and Individual Threads in Counseling

Question type: TF

29. Culturally sensitive counselors urge greater awareness of the assumptions on which mainstream American culture rests.

*a. True

b. False

Cognitive domain: Comprehension

Answer location: Individualism–Collectivism in Persons and Cultures

Question type: TF

30. Functional analysis is the privileged procedure in CBT.

*a. True

b. False

Cognitive domain: Knowledge

Answer location: Culturally Adapted Cognitive-Behavioral Therapy and EBT: A Case of Convergence

Question type: TF

31. Define the term empathy.

a. The ability to tune in to and experience and communicate another individual's emotional and cognitive states

Cognitive domain: Comprehension

Answer location: Empathy: A Pivotal Component of Therapeutic Influence

Question type: SA

32. Define the term culture.

a. Culture refers to the distinctive, human-made part of the environment that encompasses both the artifacts created by the human species and the mental products that have accrued over many millennia

Cognitive domain: Comprehension

Answer location: Cultures: Multiple, Complex, National, and Global

Question type: SA

33. Explain Hofstede's dimensions of power distance.

a. Power distance reflects the degree to which group members accept an unequal distribution of power, or the difference in power between more or less powerful members of the group

Cognitive domain: Analysis

Answer location: Hofstede's Other Dimensions

Question type: SA