

Chapter 1: Introduction to Helping

1. Wampold and Imel (2015) defined psychotherapy as a primarily interpersonal treatment that is
 - a. Based on psychological principles
 - b. Involves a trained therapist and a client who is seeking help for a mental disorder, problem, or complaint
 - c. Adapted or individualized for the particular client and his or her disorder, problem, or complaint
 - d. All of the above**
2. Psychotherapy is
 - a. Only helpful for a select type of client population
 - b. Equally effective across different types of treatment**
 - c. Best when using a cognitive-behavioral approach
 - d. Not as effective as medication
3. The six factors that Frank and Frank (1991) discussed (the therapeutic relationship, instillation of hope, new learning experiences, emotional arousal, enhancement of mastery or self-efficacy, and opportunities for practice) are
 - a. Common across psychotherapies**
 - b. Particularly important for psychodynamic psychotherapy
 - c. Necessary and sufficient for any therapy experience to be effective
 - d. All of the above
4. Helping can be problematic in that it can
 - a. Cost a lot of money
 - b. Create dependency on helpers
 - c. Provide just enough relief to enable someone to stay in a maladaptive situation
 - d. All of the above**
5. People seek help when
 - a. They become aware that they are in pain or facing a difficult situation
 - b. The pain they are in is greater than the perceived barriers to seeking help
 - c. They are in a mild state of distress
 - d. A and B**
6. A key component of being an effective helper is
 - a. Being kind
 - b. Being self-aware**
 - c. Mastering every type of psychotherapy
 - d. All of the above
7. The process of learning to be a helper involves
 - a. Learning, mastery, teaching, and supervising
 - b. Reading, modeling, practice, and experiencing
 - c. Instruction, modeling, practice, and feedback**
 - d. Feedback, teaching, experiencing, and mastery
8. The right to make choices and take actions, provided the results do not adversely affect others is the ethical principle of
 - a. Justice
 - b. Autonomy**

- c. Fidelity
 - d. Beneficence
9. Confidentiality
- a. Should be broken under certain conditions**
 - b. Does not apply to helping sessions during labs
 - c. Should never be breached
 - d. Typically makes clients feel uncomfortable
10. During lab sessions, you should seek feedback from
- a. Your lab instructor
 - b. Your client
 - c. Your peers
 - d. All of the above**
11. Your helper is consistently 10 minutes late for every session. They are violating the ethical principle of
- a. Veracity
 - b. Justice
 - c. Fidelity**
 - d. Nonmaleficence
12. Helping
- a. Can only take place between a helper and a client
 - b. Can include assistance provided by a variety of people**
 - c. Is quantified by how the receiver of the help feels
 - d. Requires years of training and supervision
13. The intent to do good by helping and promoting growth in others is the ethical principle of
- a. Nonmaleficence
 - b. Veracity
 - c. Beneficence**
 - d. Autonomy
14. Which of the following is not a component needed for effective helping?
- a. Helping skills
 - b. Research skills**
 - c. Self-awareness
 - d. Facilitative conditions
15. A topic better suited for an actual therapy session as opposed to a practice lab session is
- a. Sexual abuse**
 - b. Career concerns
 - c. Relationship concerns
 - d. Academic issues
16. Unfortunately, many people do not seek professional help because
- a. They feel embarrassed or ashamed
 - b. They believe that seeking help constitutes emotional weakness or inadequacy
 - c. They cannot afford therapy
 - d. All of the above**
17. Helpers should develop a network of social support so that
- a. They can get advice on their hardest cases from their friends

- b. They do not encourage clients to rely extensively on them**
 - c. They can brainstorm how to use helping skills with their friends
 - d. They can teach their friends how to become effective helpers
- 18. Helping conversations between helper and client and everyday conversations between friends are
 - a. Completely different
 - b. Exactly the same
 - c. Different in that, in helping, conversations are not equally split between the two people**
 - d. The same in that, in helping and everyday conversations, one person is the expert
- 19. The dodo bird verdict refers to the idea that
 - a. All psychotherapy types produce similar outcomes**
 - b. Some psychotherapy types are extinct and should no longer be used
 - c. Psychotherapy requires creativity
 - d. People do not need to learn skills to be effective helpers
- 20. According to Hill (2019), helping is
 - a. Providing a clear, concrete solution
 - b. Being kind to another human being
 - c. Giving a client appropriate resources
 - d. Assisting someone in exploring feelings, gaining insight, and making changes**