Chapter 1. Becoming a Professional Counselor: Philosophical, Historical and Future Considerations

**Multiple Choice Questions**

1. A thorough understanding of a profession’s origination and historical progression provides a framework within which a counseling student can
   1. increase identification with the profession.
   2. gain a sense of pride in the profession.
   3. be armed with knowledge necessary to advocate for the profession.
   4. All of the above.
2. Psychotherapy
   1. is the basis of counseling.
   2. assumes a medical model.
   3. encompasses all types of counseling.
   4. refers to counseling involving choices about lifestyle, education, or vocation.
3. Depending on the nature of the client’s situation, the counseling process can be
   1. facilitative.
   2. preventive.
   3. remedial.
   4. All of the above.
4. Empowerment refers to the
   1. client’s independence from the helping relationship.
   2. counselor’s ability to facilitate change.
   3. collaborative aspect of the client-counselor relationship.
   4. None of the above.
5. From 1900 to the 1920s,
   1. societal views of mental health were changing.
   2. society rejected the idea of mental illness.
   3. counseling became extremely popular.
   4. only males sought counseling.
6. The mental hygiene movement was influenced by
   1. the mentally ill.
   2. Whittingham Beer’s *A Mind That Found Itself.*
   3. mental health counselors.
   4. None of the above.
7. The Father of the American guidance movement was
   1. Whittingham Beer.
   2. William James.
   3. Jesse B. Davis.
   4. Frank Parsons.
8. The first to focus on measuring mental abilities and intelligence was
   1. James Cattell.
   2. Wilhelm Wundt.
   3. William James.
   4. Max Wertheimer.
9. The original name for the *Stanford-Binet* was
   1. *Binet-Stanford Scale.*
   2. *Stanford Intelligence Scale.*
   3. *Binet-Simon Scale.*
   4. None of the above.
10. Psychometrics is
    1. research-based.
    2. the study of psychological instruments.
    3. individual psychological testing.
    4. used to determine vocational paths.
11. From 1920 to 1940,
    1. the guidance movement continued to gain acceptance.
    2. the guidance movement was scrutinized for its narrow focus.
    3. vocational guidance became important for career replacement.
    4. All of the above.
12. As a result of an increased interest in the mental health of children,
    1. child guidance demonstration clinics were created.
    2. parental discipline became a popular topic in counseling.
    3. assessment changed to accommodate all ages.
    4. there was a decrease in the focus on mental health of adults.
13. In 1935, \_\_\_\_\_\_\_\_\_\_ was established as a self-help approach to alcohol addiction.
    1. the Alcohol Counseling Center
    2. the Theater of Spontaneity
    3. Alcoholics Anonymous
    4. None of the above.
14. As a result of the Great Depression,
    1. counseling became available to children.
    2. counseling settings expanded.
    3. counselors worked with the unemployed in non-traditional ways.
    4. All of the above.
15. Psychiatric evaluations and mental hygiene clinics were used in recruitment before
    1. World War I.
    2. World War II.
    3. Both of the above.
    4. None of the above.
16. World War II increased the need for
    1. mental health counseling.
    2. vocational guidance.
    3. knowledge about mental health prevention and treatment.
    4. All of the above.
17. In the 1940s, counseling
    1. became more client-centered.
    2. was influenced by Jesse B. Davis.
    3. focused on self-help groups.
    4. was more popular for children than adults.
18. During \_\_\_\_\_\_\_\_\_\_ there became such a high demand for school counselors that colleges and universities could not keep up the pace.
    1. 1900-1920
    2. 1940-1960
    3. 1960-1980
    4. 1980-2000
19. The 20/20: A Vision for the Future of Counseling committee
    1. was composed of 31 counseling organizations.
    2. achieved consensus on the definition of counseling and guiding principles.
    3. attempted to standardize licensure laws to gain reciprocity.
    4. All of the above.
20. The scientist-practitioner is one who is
    1. interested in the effects of genetics and the family on the client.
    2. adept at integrating scientific research and counseling practice to form a more exact science.
    3. most likely to base decisions on qualitative research.
    4. interested in nature vs. nurture research.
21. Managed care was originally developed to
    1. provide mental health and medical care to the elderly.
    2. protect the elderly from being taken advantage of by insurance companies.
    3. protect clients from unnecessary services and fees.
    4. All of the above.
22. \_\_\_\_\_\_\_\_\_\_ is also called the “fourth force” in counseling.
    1. Humanism
    2. Multiculturalism
    3. Cognitive-behavioral
    4. Psychoanalysis
23. Which of the following are steps professional counselors can take to ensure ethical multicultural practice?
    1. Awareness and self-evaluation.
    2. Increase knowledge of the populations and clients.
    3. Translate appropriately and adapt the skills and techniques used in counseling.
    4. All of the above.
24. An advantage of Internet counseling is that
    1. underserved populations have an opportunity to access counseling resources.
    2. it is less anxiety provoking for clients.
    3. members of the armed services stationed abroad can participate in family or conjoint counseling sessions.
    4. All of the above.
25. Gatekeeping involves
    1. screening, remediation, and dismissal of counseling students.
    2. keeping the client on the pertinent topic.
    3. tracking appropriately with the client.
    4. understanding for clients who are severely mentally impaired.
26. Potentially problematic issues among counseling students include
    1. emotional impairment.
    2. inappropriate relationship skills.
    3. unethical behavior.
    4. All of the above.
27. Gateslippers
    1. are most likely to lose track of the client’s train of thought.
    2. receive no intervention and graduate.
    3. are counselor educators who have not pinpointed students who are inappropriate for the counseling program.
    4. are students who barely meet the requirements for admittance into a counseling program.
28. Counseling
    1. is equivalent to psychotherapy.
    2. is based on the wellness model.
    3. is long-term.
    4. focuses on the past.
29. One philosophical underpinning of counseling includes
    1. the wellness model.
    2. a developmental perspective.
    3. empowerment.
    4. All of the above.
30. Prior to the 1900s most guidance took the form of
    1. vocational assessment.
    2. the client’s self-directed search.
    3. giving advice.
    4. None of the above.
31. Which of the following people changed the meaning and making of mental health and guidance, resulting in the development of the counseling profession?
    1. Frank Parsons
    2. Jesse B. Davis
    3. Clifford W. Beers
    4. All of the above.
32. As World War I began,
    1. the need for measuring the emotional and intellectual abilities and deficiencies of large groups of people became most obvious.
    2. mental illness became more prevalent.
    3. uproars in society occurred due to the belief that mental illness did not exist.
    4. counseling became less popular because men were at war.
33. Collective counseling
    1. focused on all aspects of the client.
    2. was created by Alfred Adler.
    3. determined a global assessment of the client’s functioning.
    4. All of the above.
34. During the 1940s, Rogers called for more emphasis on
    1. training and education of counselors.
    2. counseling techniques.
    3. research.
    4. All of the above.
35. Managed care has
    1. created a need for quick treatment.
    2. given the opportunity for clients to receive as much mental health assistance as needed.
    3. cut costs of services for clients, while ensuring that they will receive the best services possible.
    4. contributed to the creation of more mental health settings.
36. A culturally encapsulated counselor is one who
    1. perceives others through his own narrow cultural lens.
    2. does not pay attention to the cultural values of a client.
    3. does not pay attention to the experiences of a client.
    4. All of the above.
37. Internet searches provide a way for professional counselors, counseling students, counselor educators, and clients to
    1. partake in online counseling sessions.
    2. access information on counseling related topics.
    3. complete their work with greater efficiency.
    4. All of the above.
38. Which of the following is TRUE about the relationship between individual and environment?
39. Individuals do not operate independently from their environment.
40. Individuals operate independently from their environment.
41. The environment can only influence the individual if he or she allows it.
42. None of the above is true.
43. In 1974, Congress passed the \_\_\_\_\_\_\_\_\_\_ which directly affects a counselor’s ability to advocate for clients/students.
44. Family Educational Rights and Privacy Act
45. Child Abuse Prevention and Treatment Act
46. Children’s Educational Rights Act
47. Educational Advocacy Act
48. A thorough understanding of the origin and historical progression of counseling provides a framework for ALL of the following EXCEPT
49. an increased sense of pride in the profession.
50. a marked increase in salary and benefits.
51. a professional identity as a counselor.
52. the knowledge to advocate for the profession.
53. \_\_\_\_\_\_\_\_\_\_ was a pioneer of guidance and counseling who proposed that ideal choices of vocation result from an understanding of one’s capabilities and interests, matched with facts about different vocational options to find a good fit between the two.
54. Carl Rogers
55. Alfred Adler
56. E.G. Williamson
57. Frank Parsons
58. In regard to timing (on-time, off-time), crises may result from
59. events that are expected.
60. abnormal reactions to events.
61. normal reactions to events.
62. unexpected timing of events.
63. Counseling often is proactive and preventative through
64. education and community resources.
65. community resources and pamphlets.
66. education and referrals.
67. community resources and referrals.
68. All of the following were consensus issues from the 20/20 Committee EXCEPT
69. focusing on students and prospective students.
70. promoting client welfare and advocacy.
71. expanding and promoting the research base of professional counseling.
72. combining counseling, social work, and psychotherapy into one profession.
73. *A Mind That Found Itself* provided the incentive for the
74. mental hygiene movement.
75. psychotherapeutic movement.
76. counseling movement.
77. mental health movement.
78. Alfred Adler coined the term \_\_\_\_\_\_\_\_\_\_, which he applied to his work with children and prison populations.
79. collective counseling
80. consultative counseling
81. constructive counseling
82. clinical counseling
83. The screening, remediation, and dismissal of counselors in training poorly fit for the counseling profession is known as
84. gatewatching.
85. gatekeeping.
86. gateslipping.
87. gateguarding.
88. Counselors facilitate client changes to
89. behaviors.
90. cognitions.
91. emotions.
92. All of the above.
93. Maslow referred to the process of striving for optimal functioning and health in life as
94. self- deprecating.
95. self-appreciation.
96. self-actualizing.
97. All of the above.
98. A gateslipper is a student who received
99. no intervention and therefore did not graduate.
100. intervention but did not graduate.
101. intervention and graduated.
102. no intervention but still graduated.
103. \_\_\_\_\_\_\_\_\_\_ is a form of therapy known for role playing and dramatic self-expression.
104. Psycholinguistics
105. Psychodrama
106. Psychosomatics
107. Psychopathology
108. \_\_\_\_\_ is the unified association that advocates for all counselors regardless of specialty.
109. APA
110. ACA
111. NASW
112. ASCA
113. Culturally encapsulated counselors are those who perceive
114. themselves as culturally aware and value the experiences of others.
115. others as being close-minded to other cultures and experiences.
116. others in such a way that allows a vast knowledge of many cultures.
117. others through their own narrow cultural lens.
118. Professional counselors, as opposed to other helping professionals, view problems as
119. abnormal responses to abnormal events.
120. normal responses to abnormal events.
121. transitory issues in response to others opinions.
122. normal responses to normal events.
123. Counseling involves approaches that emphasize
124. wellness, normal development, empowerment, and prevention.
125. wellness, psychiatric evaluation, hospitalization, and prevention.
126. normal development, psychiatric evaluation, research, and wellness.
127. research, prevention, psychological symptoms, and wellness.
128. Empowerment begins within the therapeutic relationship as the counselor alters the power differential
129. to make the client more powerful than the counselor.
130. to make the counselor more powerful than the client.
131. to make the counselor and client equal partners.
132. when the client tells the counselor he or she is ready.
133. Frank Parsons, the father of the American Guidance Movement, became the founder of the \_\_\_\_\_\_\_\_\_\_ in 1908.
134. Guidance Agency of Boston
135. Vocational Guidance Department of Boston
136. Vocational Bureau of Boston
137. Guidance Bureau of Boston
138. James Cattell was the first to use the term \_\_\_\_\_\_\_\_\_\_ in reference to mental abilities and intelligence.
139. mental measurement
140. mental test
141. mental instrumentation
142. mental intelligence
143. \_\_\_\_\_\_\_\_\_\_ is a specialty area of counseling.
144. School counseling
145. Mental health counseling
146. Marriage and family counseling
147. All of the above
148. Counseling is different than psychotherapy in each of the following ways EXCEPT that
149. counseling is shorter-term while psychotherapy is long-term.
150. counseling improves the quality of life while psychotherapy alleviates symptoms.
151. the goal of counseling is insight while the goal of psychotherapy is change.
152. counseling uses a wellness model while psychotherapy uses a medical model.

Answer Key: 1. d, 2. b, 3. d, 4. a, 5. a, 6. b, 7. d, 8. a, 9. c, 10. b, 11. d, 12. a, 13. c, 14. d, 15. b, 16. d, 17. a, 18. c, 19. d, 20. b, 21. c, 22. b, 23. d, 24. d, 25. a, 26. d, 27. b, 28. b, 29. d, 30. c,

31. d, 32. a, 33. b, 34. d, 35. a, 36. d, 37. b, 38. a, 39. a, 40. b, 41. d, 42. d, 43. a, 44. d, 45. a,

46. a, 47. b, 48. d, 49. c, 50. d, 51. b, 52. b, 53. d, 54. b, 55. a, 56. c, 57. c, 58. b, 59. d, 60. c.

**Extended Response Questions**

1. Explain the importance of understanding a profession’s origination and history.
2. Compare and contrast psychotherapy with counseling.
3. Identify and describe the philosophical underpinnings of counseling.
4. Describe two significant changes or occurrences between 1900 and 1920 that contributed to the rise of counseling as a profession.
5. Describe the effects World War II had on the rise of the counseling profession.
6. Identify and explain when accreditation of programs was established.
7. Describe the scientist-practitioner approach to counseling.
8. Explain the advantages and disadvantages of managed care.
9. Explain the “fourth force” in counseling and what professional counselors can do to become more competent in this domain.
10. Describe the uses of technology in counseling.
11. Discuss the several underlying philosophical assumptions that characterize the counseling profession.
12. Describe the differences between an illness model and a wellness model and give examples.
13. How might the field of counseling be different had we never had the contributions of Jesse B. Davis, Clifford W. Beers, and Frank Parsons?
14. If you had to choose the three most influential events to shape the field of counseling, what would they be and why?
15. What do you feel are the major differences between guidance, psychology, and counseling, and why is it important to distinguish between them?
16. Regarding the use of technology in the actual practice of counseling, what do you see as some of the potential ethical concerns?
17. Discuss the current definition of counseling provided by the 20/20 committee and how you feel it may be helpful or lacking.
18. Describe two significant changes or occurrences between 1920 and 1940 that contributed to the rise of counseling as a profession.
19. Explain the advantages and disadvantages of the use of computers in counseling.
20. Describe the impact Carl Rogers had on the counseling profession.

**Website Links**

<http://www.counseling.org/AboutUs/OurHistory/TP/Home/CT2.aspx>

This is a link of the American Counseling Association. This specific page describes the history of this organization in order to depict important events in the history of the counseling profession.

<http://counsellingresource.com/types/history/index.html>

This website provides some of the important events that occurred in the history of counseling.