College of Education
Counseling and Educational Psychology Department

COU 803 Assessments SLO

Click on the items below

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## Reaction Paper (Ethical Dilemma)

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This assignment is worth 20 points. Points are awarded as follows, in part based on the ethical decision-making model outlined in our class text.

- Identify and define the problem: 0 1 2
- Consider the principles and virtues: 0 1 2
- Tune into your feelings: 0 1 2
- Consult with experts/colleagues/literature: 0 1 2
- Involve your client/student in the decision-making process: 0 1 2
- Identify desired outcomes: 0 1 2
- Consider possible actions: 0 1 2
- Choose and act on your choice: 0 1 2
- Makes use or multiple resources including articles, codes, policies, etc.: 0 1 2
**Interview:**

You will be required to interview a **Licensed Professional Clinical Counselor** to acquire more information about the clinical aspect of the profession. Because the focus of this assignment is on the counseling profession, you can NOT interview social workers, pastoral counselors, or any individual that does not have the LPCC license for this assignment. (Please include the LPCC license number for the individual you interview.) Write a reflection paper on your experience and include responses to the following interview questions:

1). What other licenses or credentials they hold?
2). How long has this person been working in the field?
3). What is this person’s caseload? How many hours weekly are devoted to clinical work/administrative duties?
4). What are the person's beliefs about managed care? How does managed care affect their jobs?
5). What is the person’s belief about the DSM?
6). What theoretical base does this clinician work from? (e.g., eclectic, reality, solution-focused) Why have they chosen this particular base?
7). What does this person like best about their job?
8). What does this person like least about their job?
9). What advice do they have for you about becoming a mental health counselor?

Remember this is a response paper. In addition to gaining answers to the interview questions, discuss your thoughts feelings, RESPONSES to the interview process and what you learned, confirmed, feared, liked, disliked, etc about the information you gained from the interview. Present in APA format.

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<th>APA/Presentation</th>
<th>Assigned Questions</th>
<th>Reflective Impressions</th>
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A brochure based upon student’s research of local mental health service resources and programs. This report will describe student’s contact with at least one mental health counseling community agency/facility to include the type of clientele served, professionals employed, treatment/counseling model, focus on multicultural issues, and ethical professional issues pertinent to this facility as well as general research on mental health services in the area/community. The brochure will be geared for clients, advising them what is available in their community.

Possible Points: 20 points (Must have ALL information for credit; No partial credit available).

Two Article Reviews: You are required to read two articles in the Journal of Mental Health Counseling, Journal of Counseling & Development, Journal of Addictions & Offender Counseling, or Journal of Multicultural Counseling and Development (articles must be researched based, either quantitative or qualitative) and written within the past 5 years. One article is to be related to a topic covered in Part III of your text, ‘Contemporary Issues and Trends’ and the second article is to address an area of diversity in mental health counseling. Your reviews should be two-five pages and include name of the Journal, (vol, issue #, etc.) author, (1) a brief review of the article, (2) describe why you are interested in the topic, (3) share any experience you may have in the topic, and how the article did or did not confirm and/or expand your knowledge on the subject, and (4) your perceived limitations of the study. Present in APA format.

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<th>APA</th>
<th>Criteria 1 - 4</th>
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<tr>
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Mental Health Policy Paper

Students will write a paper on a current mental health policy of interest to professional counseling as identified by either, the American Counseling Association or the National Board of Certified Counselors. Students will research the history of the issue, current advocacy efforts, benefits and liabilities to professional counselors. Students will also share their opinion of this policy and explain why they do or do not support the profession’s current efforts. Students should also include ideas on how they, as individual professional counselors can participate in these advocacy efforts. Present in APA format.

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<tr>
<th>APA</th>
<th>ACA/NBCC issue identification &amp; pros/cons</th>
<th>Current efforts</th>
<th>Opinion and participation</th>
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<tr>
<td>Possible 40</td>
<td>4</td>
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Earned
State Licensure Information

State Licensure Information. Students will prepare a one or two page essay outlining the requirements and procedure for obtaining licensure in the state of Kentucky. Students who are planning to pursue licensure in another state may use that state’s requirements for this assignment. Students must include a personal professional plan for acquiring licensure. If you are not planning to pursue licensure, your personal professional plan must include your rationale for this decision.

Total points possible: 20 (Must meet all requirements; no partial credit available).
COU 803 Quiz 1

Description You will have 20 minutes to complete 10 questions.

Instructions

• True/False: The professional titles of...

1 points

Question

The professional titles of marriage and family counselor and marriage and family therapist can be used interchangeably since each refers to the identical professional group.

Answer True

• Multiple Choice: Which of the following is addressed in...

1 points

Question

Which of the following is addressed in the definition of professional counseling that is NOT addressed in the definition of mental health counseling?

Answer

a. career development  
b. human development  
c. psychopathology  
d. optimal mental health

• Multiple Choice: Which of the following frameworks...
1 points

Question
Which of the following frameworks provides the mental health counseling profession with its primary orientation for understanding both wellness and psychopathology?

Answer
- a. the human developmental model
- b. the medical model
- c. the socio-biological model
- d. family systems theory

Multiple Choice: Which of the following...

1 points

Question
Which of the following organizations has established standards for the accreditation of graduate educational programs in counseling?

Answer
- a. CACREP
- b. NBCC
- c. ACA
- d. NCATE

Multiple Choice: Which of the following professions...

1 points

Question
Which of the following professions cannot qualify for professional certification offered by the National Board of Certified Counselors (NBCC)?

Answer
- a. family therapists
- b. addictions counselors
- c. school counselors
- d. mental health counselors
Multiple Choice: Addictions counselors are trained to...

1 points

Question

Addictions counselors are trained to assist persons who have problems with:

a. b, c, and d
b. chemical abuse
c. eating disorders
d. gambling
e. (b) and (c) only

Multiple Choice: Which of the following is a critical difference between marriage and family counselors (MFCs) trained under the CACREP model, in contrast to marriage and family therapists (MFTs) trained under the AAMFT model?

a. MFCs receive training in the core areas viewed as essential for all counselors.
b. MFCs focus on both wellness and pathology.
c. MFTs receive training in the systems model of assessment and treatment.
d. There are essentially no critical differences in the training of MFCs and MFTs.

Multiple Choice: Which of the following professional groups is most highly trained in linking
persons to tangible local, state, and federal services?

Answer

- a. social workers
- b. psychologists
- c. mental health counselors
- d. marriage and family therapists

• True/False: Mental health counseling...

1 points

Question Mental health counseling is a licensed profession in all 50 states.

Answer True False

• True/False: ...

1 points

Question Historically, community counseling has been more concerned with community interventions and agency counseling than with mental health counseling.

Answer True False
COU 803 Chapter 2

Description You will have 20 minutes to complete 10 questions

Instructions

•

† Multiple Choice: Which of the following...

✓

1 points

Question

1. Which of the following persons played critical roles in the reform of the treatment of the mentally ill?

Answer ✓ a. b, c, and d
   
   b.

Phillipe Pinél

   c. Benjamin Rush
   
   d. Dorothea Dix

•  † Multiple Choice: Which of the following...

✓

1 points

Question

1. Which of the following professional organizations is a direct descendent of the Association of Medical Superintendents of American Institutions for the Insane?

Answer ✓ a. American Psychiatric Association
b. American Psychological Association

c. American Medical Association

d. American Counseling Association

- **Multiple Choice: Which of the following was...**

  $\checkmark$

  1 points

  **Question**

  1. Which of the following was NOT a prerequisite skill among the first members of the Association of Medical Superintendents of American Institutions for the Insane?

  **Answer**

  $\checkmark$ a. c and d only

  b.

  moral treatment

  c. medical knowledge

  d.

  research
Multiple Choice: A key milestone that lead...

1 points

Question

1. A key milestone that lead to the application of the medical model in treating mental illness was the discovery of a physical cause and treatment for:

Answer

- a. paresis
- b. hysteria
- c. schizophrenia
- d. neurosis

Multiple Choice: Which of the following...

1 points

Question

1. Which of the following groups of professionals was NOT involved in the creation of the American Psychological Association?

Answer

- a. mental health counselors
- b. philosophers
- c. educators
- d. physicians

Multiple Choice: What was the primary...

1 points

Question
1. What was the primary interest of early psychologists?

**Answer**

- a. the study of sensation and perception
- b. treatment of mental illness
- c. promotion of mental health
- d. reform of asylums

**Multiple Choice: Which of the following...**

1 points

**Question**

1. Which of the following credentials were required for the psychologists and counselors who worked in the front lines with psychiatrists in military psychiatric units during World War II?

**Answer**

- a. none of the answers listed
- b. valid professional license
- c. doctoral-level training
- d. graduated from a program designed according to the Boulder model

**Multiple Choice: The modern era of psychopharmacology...**

1 points

**Question** The modern era of psychopharmacology began in 1952 with the introduction of:
Answer

- a. Thorazine
- b. Prozac
- c. Valium
- d. Lithium

↓ Multiple Choice: Which of the following states was first...

1 points

Question Which of the following states was first to pass a counselor licensure law?

Answer

- a. Virginia
- b. New York
- c. Michigan
- d. California

↓ Multiple Choice: Which of the following...

1 points

Question

1. Which of the following events created a boundary between psychologists and counselors?

Answer

- a. Veterans Administration funding of doctoral-level internships only
- b. the practice of vocational counseling
- c. counselors lack of a unified professional organization
- d. prescription of medication
Chapter 3 Quiz

You will have 20 minutes to answer 10 multiple choice questions.

Instructions

- Multiple Choice: Cognitive structures, derived from past experience, that organize and guide the processing of ongoing, self-related information are known as:
  
  **Answer**
  
  a. self-schemas
  b. worldviews
  c. unconscious processes
  d. psychic determinants

- Multiple Choice: "The sum total of one's beliefs about...

  **Answer**
  
  a. worldview
  b. social interest
  c. self-schema
  d. the ecological self

- Multiple Choice: In the selection and application of counseling theories, extroverts tend to gravitate toward those theories that:
Answer

a. are action oriented
   b. require cognitive reframing
   c. encourage thoughtful introspection
   d. do not require clinical judgment

• Multiple Choice: In which stage of change is the...

1 points

Question In which stage of change is the client unaware of a need to make behavioral changes?

Answer

a. precontemplation
   b. action
   c. contemplation
   d. maintenance

• Multiple Choice: In which of the following levels of the...

1 points

Question In which of the following levels of the ecological system includes one's culture, language, and economic system?

Answer

a. exosystem
   b. microsystem
   c. macrosystem
   d. mesosystem

• Multiple Choice: Which of the following is a highly...

1 points

Question Which of the following is a highly recommended approach when working with clients in the preparation stage of behavioral change (Prochaska and DiClementi, 1984)?

Answer

a. development of an action or treatment plan
   b. conducting a benefits/cost analysis of their current behavior
   c. pushing the client toward goal attainment
   d. developing relapse prevention skills
• Multiple Choice: The traditional medical model...

1 points

Question The traditional medical model maintains that mental health and mental illness lie on ___ dimension(s).

Answer

- a. one
- b. two
- c. three
- d. five

• Multiple Choice: Which of the following dimensions are...

1 points

Question Which of the following dimensions are represented in the comprehensive mental health counseling model?

Answer

- a. b,c, and d
- b. mental health
- c. mental illness
- d. ecological context

• Multiple Choice: Persons who hold a worldview...

1 points

Question Persons who hold a worldview emphasizing individualism tend to use conflict management styles characterized by:

Answer

- a. confrontation
- b. accommodation
- c. indirect, high-context communication
- d. negotiation

• Multiple Choice: People, in general, develop...

1 points

Question People, in general, develop ideas regarding the way other people’s traits and behavioral
tendencies fit together. Bruner and Tagiuri (1954) referred to these as:

Answer

a. implicit personality theories
b. self-schema
c. worldviews
d. stereotypes

Chapter 4 Quiz

Description You will have 20 minutes to answer 10 multiple choice questions

Instructions

• Multiple Choice: Which of the following inferential...

1 points

Question Which of the following inferential errors is made when a mental health counselor wrongly concludes that the anniversary of the death of a client's loved one is associated with the onset of the client's panic disorder?

Answer

a. illusory correlation
b. fundamental attribution error
c. availability heuristic
d. single-cause etiology

• Multiple Choice: A tendency to explain my anger in...

1 points

Question A tendency to explain my anger in terms of situational factors but explaining my client's anger in terms of his or her personality
traits is an illustration of:

- fundamental attribution errors
- illusory correlations
- availability heuristic
- single-cause etiology

Multiple Choice: A recently divorced person diverts anger by enrolling in college and becoming immersed in studies. Which of the following defense mechanisms does this illustrate?

- sublimation
- reaction formation
- displacement
- regression

Multiple Choice: Which of the following is the primary goal of psychoanalysis?

1 points

Question Which of the following is the primary goal of psychoanalysis?
Answer

a. modify the structure of personality

b. encourage learning of more effective behaviors

c. change one’s style of thinking

d. become more authentic

• Multiple Choice: Splitting is said to occur when: ...

1 points

Question

Splitting is said to occur when:

Answer

a. a person cannot keep both the good and bad representations in mind simultaneously when frustrated by another person.
b. the counselor attacks the misconceptions of the client.
c. one’s feelings are incongruent with one’s thoughts.
d. a psychotic break occurs.

1 points

Question

Behavior therapy is based on the principles of:

Answer

a. learning theory
b. humanism.
c. cognitive science.
d. control theory.
•  Multiple Choice: The primary focus of classical...

  1 points

Question The primary focus of classical conditioning is on:

Answer a. the relationship between antecedents and specific behaviors.
b. the specific thoughts that elicit feelings and behavior.
c. positive and negative reinforcers.
d. the consequences elicited through the production of specific behavior.

•  Multiple Choice: The cognitive structure...

  1 points

Question The cognitive structure consisting of the basic underlying assumptions individuals make about self and the world is referred to as:

Answer a. self-schemata.
b. cognitive triad.
c. self-statements.
d. cognitive distortions.
Multiple Choice: A person acquires "conditions of...

1 points

Question

A person acquires "conditions of worth" by:

Answer

a. internalizing the values of others.
b. genetic predisposition.
c. engaging in successful therapy.
d. being self-centered.

Multiple Choice: When under stress,...

1 points

Question

When under stress, dyads become unstable and seek the support of a third person. In family therapy, this tendency is called:

Answer

a. triangulation
b. enmeshment
c. emotional fusion
d. disengagement
Chapter 5 Quiz

Description You will have 20 minutes to complete 10 multiple choice questions.

Instructions

• Multiple Choice: National standards for the accreditation of graduate programs that train mental health and community counselors have been set by:

  Answer
  a. CACREP
  b. ACA
  c. APA
  d. AMHCA

• Multiple Choice: The primary goal for identifying a common core of academic experiences is to:

  Answer
  a. provide a set of academic experiences that are viewed as foundational to all counseling professionals regardless of specialization.
  b. provide training for the unique applications of counseling techniques.
  c. enhance the extent to which counseling professionals will create professional identities related to their areas of specialization.
  d. pressure graduate programs in providing academic experiences that are insensitive to cultural or geographic differences.

• Multiple Choice: How many hours of supervised clinical experience (practicum and internship) are required of students seeking to graduate from CACREP counseling programs with specializations in mental health counseling?
Answer

a. 700  
b. 100  
c. 900  
d. 600

• Multiple Choice: In practicum, students are required to...
  
?

1 points

Question In practicum, students are required to perform ___ hours of direct service to clients.

Answer

a. 40  
b. 25  
c. 100  
d. 240

• Multiple Choice: Which is the simplest and least...
  
?

1 points

Question Which is the simplest and least restrictive of credentialing processes?

Answer

a. registry  
b. licensure  
c. certification  
d. a,b, and c are equally restrictive

• Multiple Choice: Which of the following credentials...
  
?

1 points

Question Which of the following credentials tends to protect both professional title and scope of practice?

Answer

a. licensure  
b. registry  
c. certification  
d. none of the above
Multiple Answer: Which of the following is a specialty... 

1 points
Question Which of the following is a specialty credential?

Answer a. (b) and (c) only
b. Certified Clinical Mental Health Counselor (CCMHC)
c. Master Addictions Counselor (MAC)
d. licensed professional counselor

Multiple Choice: In practicum, site supervisors are...

1 points
Question In practicum, site supervisors are required to:

Answer ☑a. b,c, and d
b. c. have two years of experience
d. hold appropriate licenses or certifications

Multiple Choice: According to the 2001 CACREP standards,...

1 points
Question According to the 2001 CACREP standards, which of the following is a criterion for mental health counseling programs but NOT for community counseling programs?

Answer ☑a. indications and contraindications of commonly prescribed psychopharmacological medications
b. basic principles of biopsychosocial assessment
c. knowledge and skill in the use of the Diagnostic and Statistical Manual
d. use of crisis intervention

Multiple Choice: Which of the following ...
Question Which of the following credentials is controlled by the profession itself?
Answer

a. certification
b. registry
c. licensure
d. all of the above

Chapter 6 Quiz
Description You will have 20 minutes to complete 10 multiple choice and true false questions.
Instructions

1. True/False: The professional literature of counseling uniformly supports the practice of diagnosing by counseling professionals.
Answer

True

2. Multiple Choice: In the year following graduation, the majority of mental health and community counselors find employment in:
Answer

a. agency settings
b. inpatient facilities
c. colleges and universities
d. secondary schools

3. Multiple Choice: Often, counselors represent the...
1 points
Question Often, counselors represent the interests of the client to third parties. This process an example of:

Answer  
- a. case advocacy
- b. class advocacy
- c. unethical behavior, since it is clearly an inappropriate crossing of boundaries.
- d. a form of countertransference.

Multiple Choice: Consultation typically involves ____ parties.

Answer  
- a. three
- b. two
- c. four
- d. five

Multiple Choice: Family counseling sees the family unit:

Answer  
- a. b and c only
- b. as the most basic emotional unit.
- c. as the most appropriate target for intervention
- d. as the root cause of all forms of emotional distress.
- e. b, c, and d

Multiple Choice: Taken together, the concise statement...

Answer  
- a. key components of the therapeutic contract.
b. the professional disclosure statement.
c. parts of the clinical record that should NOT be divulged to the clients.
d. too technical and potentially confusing for clients.

• Multiple Choice: George has had an anxiety disorder for...

1 points

Question George has had an anxiety disorder for many years. In the past four months, his anxiety has increased because he was diagnosed with a heart condition and he went through a divorce. Which of these events can be listed on a DSM-IV-TR diagnosis?

Answer  

a. both the heart condition and the divorce can be listed
   b. the heart condition only
   c. only the divorce
   d. neither the heart condition nor the divorce can be listed

• Multiple Choice: In the DSM-IV-TR, Axis I is to...

1 points

Question

In the DSM-IV-TR, Axis I is to _____________ as Axis II is to ____________.

Answer  

a. the clinical syndrome; personality disorders
   b. the clinical syndrome; a medical condition that contributes to the clinical syndrome
   c. a personality disorder; the clinical syndrome
   d. a medical condition; a psychological condition

• Multiple Choice: The DSM-IV-TR assesses presenting...
1 points
Question The DSM-IV-TR assesses presenting conditions according to ____ dimensions.

Answer
- a. 5
- b. 2
- c. 3
- d. 4

• Multiple Choice: Which of the following provides the...

1 points
Question Which of the following provides the counselor with an accurate evaluation of the client’s level of psychological functioning at a specific point in time?

Answer
- a. mental status exam
- b. psychosocial history
- c. projective tests
- d. systems analysis

Name Chapter 7 Quiz Summer
Description You have 20 minutes to answer 10 multiple choice/true false questions
Instructions

- True/False: Assessment and research and...

1 points
Question Assessment and research and program evaluation are identified by CACREP as two of the eight core areas of study that are foundational to all counselors-in-training.
Answer 
- True
- False

• Multiple Choice: According to...

1 points
Question According to classical test score theory, any observed score on a given test consists of the:

- sum of the true score and error score.
- product of the true score and error score.
- error score subtracted from the true score.
- standard error of measure and standard deviation of the observed score.

Answer

- a. sum of the true score and error score.
- b. product of the true score and error score.
- c. error score subtracted from the true score.
- d. standard error of measure and standard deviation of the observed score.

Multiple Choice: Bowlby's theory of attachment states...

1 points

Question Bowlby's theory of attachment states that the quality of one's attachment relationship influences later relationships. High scores on the attachment instrument, indicating secure attachment, correlate positively with marital stability, but correlate negatively with occurrence of divorce. Which of the following is established?

Answer

- a. construct validity
- b. criterion-related validity
- c. face validity
- d. interrater reliability

Multiple Choice: Deviation IQs assume:...

1 points

Question Deviation IQs assume:

Answer

- a. the normal distribution of IQ among the general population
- b. the validity of the mental age concept.
- c. the mean raw score for IQ is always 100
- d. mental age divided by chronological age equals IQ

Multiple Choice: The Beck Depression Inventory is...
1 points

**Question** The Beck Depression Inventory is classified as a:

**Answer**
- a. self-report clinical scale
- b. projective test
- c. neuropsychological screening device
- d. forced-choice instrument

1 points

**Question** The extent to which the results of a study can be interpreted accurately is referred to as:

**Answer**
- a. internal validity
- b. external validity
- c. internal reliability
- d. external reliability

1 points

**Question** Which of the following can be considered an operational definition of anxiety?

**Answer**
- a. increased heart rate and blood pressure, sweaty palms, increased heart rate
- b. the self-statements of anxious individuals
- c. subjective self-reports
- d. feeling nervous most of the time in most situations

1 points

**Question** Which of the following methods of research is most capable of detecting causal relationships between the variables being studied?

**Answer**
- a. true experiments
b. quasi-experiments  
c. observational methods  
d. survey research

• **Multiple Choice: Researchers have found a strong...**

1 points  
**Question** Researchers have found a strong relationship between number of hours watching television and degree of obesity in adolescents. Which of the following methods was used?

**Answer**
- a. correlational methods
- b. naturalistic observation
- c. interviews
- d. experiment

• **Multiple Choice: In an experiment, the variable that is...**

1 points  
**Question** In an experiment, the variable that is measured is referred to as the:

**Answer**
- a. dependent variable
- b. confounding variable
- c. independent variable
- d. control variable

• **True/False: It is always unethical for researchers...**

1 points  
**Question** It is always unethical for researchers to use deception to conceal the actual purpose or design of the study from participants.

**Answer**
- True
- False