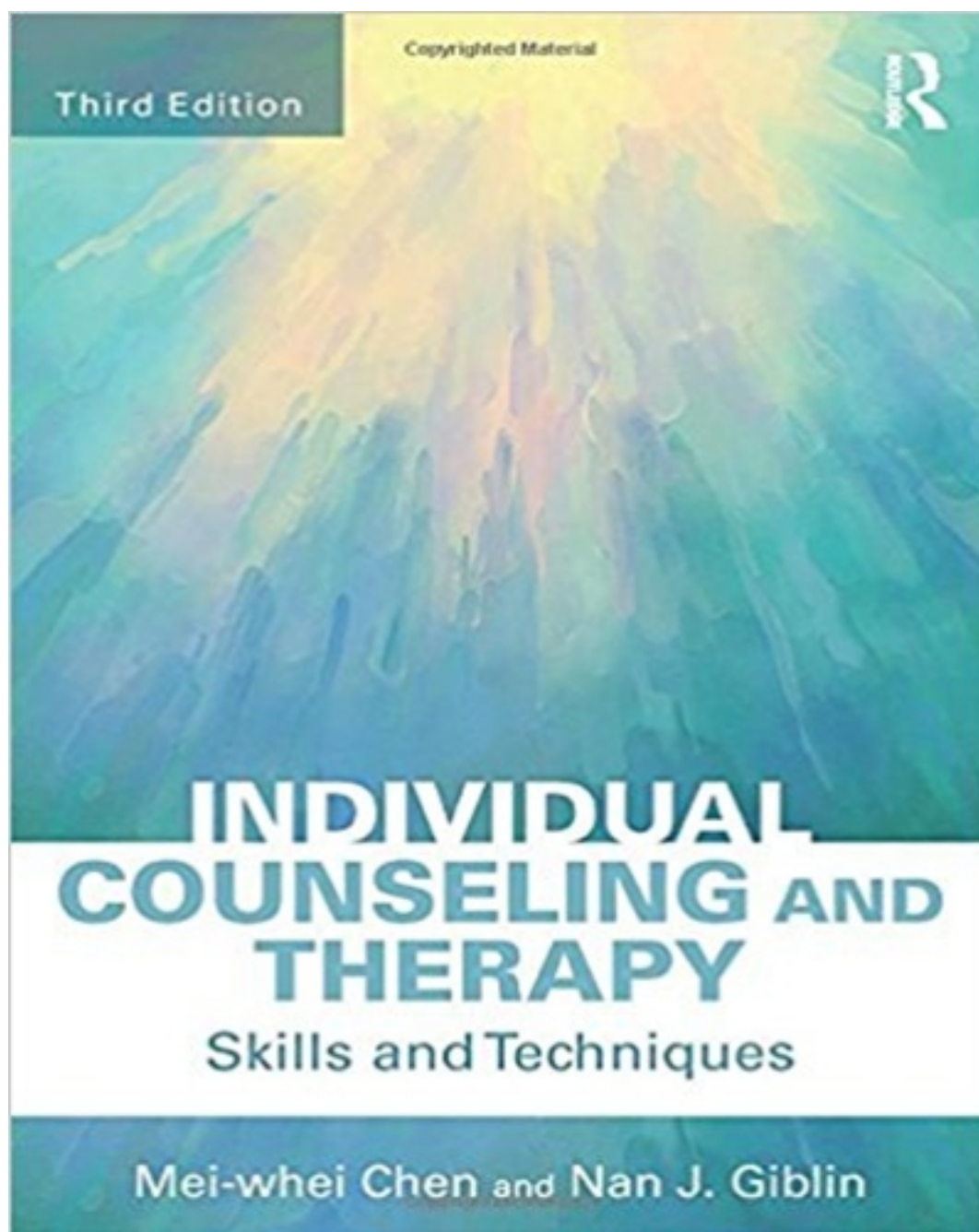


# Test Bank for Individual Counseling and Therapy Skills and Techniques 3rd Edition by Chen

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# Test Bank

Individual Counseling: Skills and Techniques, 3rd Edition  
Mei-whei Chen and Nan Giblin

*Test Bank*

Chapter 02: Common Therapeutic Factors

1. Research has shown that the most effective therapy is
  - a. evidence-based therapy.
  - b. cognitive behavioral therapy.
  - c. existential therapy.
  - d. an integrated approach.
2. The factor that contributes most to treatment success is
  - a. the client.
  - b. the therapist.
  - c. the techniques.
  - d. the degree of hope.
3. The strong therapeutic relationship is largely based on
  - a. honesty and treatment.
  - b. a charismatic client.
  - c. a charismatic therapist.
  - d. a lengthy training process.
4. The therapeutic relationship centers on
  - a. the therapist's selfless focus on the client.
  - b. mutual growth between client and therapist.
  - c. the therapist learning how to be better with future clients.
  - d. keeping the client returning for more sessions.
5. The hope and expectancy factors in therapy are increased when the therapist
  - a. highlights a client's resilience and creativity.
  - b. points out the underdeveloped parts of the client.
  - c. does not instill false hope in the client.
  - d. all of the above.

6. Research shows that gender similarity between the therapist and client
  - a. does not impact treatment outcomes.
  - b. does impact treatment outcomes.
  - c. depends on the ethnicity of the client.
  - d. always impacts the outcome of treatment.
7. When the therapist and client have similar \_\_\_\_\_, the therapy outcome is more positive than shared ethnicity.
  - a. values
  - b. lifestyles
  - c. life experiences
  - d. all of the above
8. The therapist's most powerful instrument is
  - a. our techniques.
  - b. our self.
  - c. our education.
  - d. our years of experience.
9. The therapist's intuition
  - a. can be buried by content information.
  - b. is misleading.
  - c. is held in low regard by the profession.
  - d. is useful when part of self-disclosure.
10. Which of the following helps therapists to become better at their craft?
  - a. personal psychotherapy
  - b. self-care
  - c. leading a balanced life
  - d. all of the above