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QUESTION 1

A counselor has designed his career counseling group in such a way that it presents a "field and levels" approach to careers. Whose theory is he following?

- A. Holland
- B. Super
- C. Tiedeman
- D. Roe

Correct Answer: D

Roe's theory consists of 8 fields (Service, Business Contact, Organization, Technology, Outdoor, Science, General Culture, and Arts and Entertainment) and 6 levels (professional and managerial, levels 1 and 2; semiprofessional and small business, level 3; skilled, level 4; semiskilled, level 5; and unskilled, level 6). Holland created the Holland Codes: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (RIASEC). Super's theory of career development includes the concept of self-concept and 5 stages of career development: Growth, Exploration, Establishment, Maintenance, and Decline.

QUESTION 2

All humans have a five-stage sleep cycle and all cycle through the stages in the same order. Choose the correct sequence.

- A. Stage 1, Stage 2, Stage 3, Stage 4, Stage 5
- B. Stage 1, Stage 2, Stage 1, Stage 3, Stage 5, Stage 4
- C. Stage 1, Stage 2, Stage 3, Stage 4, Stage 1, Stage 2, Stage 5
- D. Stage 1, Stage 2, Stage 3, Stage 4, Stage 3, Stage 2, Stage 5

Correct Answer: D

Sleep does not progress through all of these stages in sequence, however. Sleep begins in Stage One and progresses into stages Two, Three, and Four. Then, after Stage Four sleep, Stages Three, then Two are repeated before going into REM sleep. Once REM is over, we usually return to Stage Two sleep. Sleep cycles through these stages approximately 4 or 5 times throughout the night.

QUESTION 3

If a counselor's role changes from a nonforensic evaluative role to a therapeutic role, the client must be informed of the change as a matter of _____.

- A. confidentiality
- B. treatment



C. informed consent

D. assessment

Correct Answer: C

Informed consent is a process of getting permission before conducting a healthcare intervention on a person. Informed consent needs to occur before treatment.

QUESTION 4

Some counseling methods are "product-oriented," while others are "process-oriented". Which of the following is more interested in the product than the process?

A. Transactional-analysis

B. Client-centered

C. Behavioral D. None of the Above

Correct Answer: C

Behavioral counseling focuses on changing the client's behavior. Transactional-analysis, developed by Berne, focuses on interactions between people and communication is very important. In this theory, it is believed that within each person, there are 3 altered ego stages- the parent, the adult, and the child. In Client-centered, developed by Carl Rogers, the process is the focus and often guided by the client.

QUESTION 5

Nosology, the process of formal diagnosis, is most closely related to:

A. sampling

B. individualized education plans (IEP)

C. psychoanalysis

D. the medical model

Correct Answer: D

The most recent revision helped align the DSM with the ICD-11 (International Classification of Diseases). The DSM-5 provides researchers, clinicians, and health officials with a standard language to use when communicating about mental disorders. The ICD-11 is used by medical professionals to diagnose medical conditions. Most IEPs do contain a formal diagnosis, but the diagnosis is used to help guide what accommodations and modifications go into the IEP to help the student.

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