

INTRODUCTION TO COUNSELING

This test examines the basics of counseling theory and practice and various aspects of the counseling profession. Topics include: the foundations of counseling; psychological theories; techniques and processes relevant to counseling; professional, ethical and legal issues; the different fields of counseling and counseling practice.

(3 s.h.)

PSY-331-TE

This is a two-hour examination in which you must answer 100 multiple-choice questions (worth 1 point each). A passing score is 60 out of 100 points. Test results are transcribed on a Pass/Fail basis only.

Here are the topics covered and their approximate importance on the test.

I. THE COUNSELING PROCESS AND WORK (10%)

- A. The occupation of professional counseling
- B. Settings in which professional counselors work
- C. Training and education of professional counselors
- D. Historical development of the counseling profession
- E. Challenges and recent trends in counseling

II. COMPONENTS OF PROFESSIONAL COUNSELING (5%)

- A. Ethical codes and concerns in the counseling process
- B. Legal issues
- C. Professional competencies of effective counselors
- D. Personal qualities of effective counselors
- E. Components of professional counseling

III. THEORIES AND TECHNIQUES OF COUNSELING (10%)

- A. Human development theories
- B. Psychoanalytic and psychodynamic theories
- C. Contemporary life-span development theories
- D. Humanistic and existential counseling theories
- E. Behavioral and cognitive counseling theories
- F. Constructivist counseling theories

IV. ASSESSMENT AND COUNSELING (10%)

- A. How counselors use assessments
- B. Qualitative assessment skills
- C. Standardized tests and inventories
- D. Diagnostic and Statistical Manual of Mental Disorders (DSM)
- E. Psychoeducation
- F. Crisis intervention

V. INDIVIDUAL COUNSELING AND FAMILY COUNSELING (15%)

- A. Individual counseling and the steps in the counseling process
- B. Marriage and family counseling and therapy
- C. The changing family and marriage patterns
- D. Family systems theories
- E. Trends in family therapy

VI. GROUP AND CAREER COUNSELING (15%)

- A. Group counseling theories
- B. The group experience
- C. Ethical guidelines with group counseling
- D. History of career counseling and current situation
- E. Career counseling process
- F. Theoretical approaches to career counseling
- G. Tools used in career counseling
- H. Business and industry counseling programs
- I. Vocational rehabilitation counseling

VII. SUBSTANCE ABUSE COUNSELING; COUNSELING IN A PLURALISTIC SOCIETY; COUNSELING OLDER ADULTS (15%)

- A. Counseling persons with alcohol abuse problems
- B. Counseling persons with drug abuse problems
- C. Counseling older adults
- D. Counseling gays, lesbians, and bisexuals
- E. Multicultural counseling
- F. Counseling men and women

VIII. COUNSELING IN ELEMENTARY, MIDDLE, SECONDARY SCHOOLS (10%)

- A. Role of the elementary school counselor
- B. Problems of elementary school students
- C. Counseling and outreach activities for elementary school students
- D. Problems of middle and secondary school students
- E. Counseling middle and secondary school students
- F. Outreach activities for middle and secondary school students

IX. COUNSELING IN COLLEGE/UNIVERSITY AND THE COMMUNITY (10%)

- A. Problems of college students
- B. Counseling college students
- C. Outreach activities for college students
- D. Age-related counseling
- E. Spiritual counseling
- F. Counseling persons at risk
- G. Crisis prevention and intervention

A textbook to help you prepare:

Frank A. Nugent and Karyn Dayle Jones. *Introduction to the Profession of Counseling*. Current edition. Upper Saddle River, NJ: Pearson Prentice-Hall

SAMPLE QUESTIONS

1. A major force behind the origin of counseling psychology was
 - a. the American Personnel and Guidance Association
 - b. Division 16 of the APA
 - c. NDEA Institutes
 - d. the Veterans Administration

2. The early guidance programs and activities were mostly
 - a. vocational
 - b. recreational
 - c. psychiatric
 - d. educational

3. Which of the following interviewing skills is intended to help clients change their self-defeating behaviors?
 - a. Self-disclosure
 - b. Confrontation
 - c. Open-ended questions
 - d. Focusing

4. A major goal of Gestalt Therapy is
 - a. relaxation
 - b. integration
 - c. closure
 - d. behavioral change

5. Phobias, panic disorders, obsessive-compulsive disorders, and post-traumatic stress disorders fall into which diagnostic category?
 - a. Adjustment disorders
 - b. Psychotic disorders
 - c. Personality disorders
 - d. Anxiety disorders

6. Standardized tests were originally developed
 - a. to help counselors in vocational counseling
 - b. to diagnose learning problems of children
 - c. for selection and screening of army personnel
 - d. for vocational and educational placement

7. The degree to which a test appears to measure what it is supposed to measure is known as
 - a. content validity
 - b. construct validity
 - c. consequential reliability
 - d. criterion reliability