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QUESTION 1

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 2

Therapists adhering to which of the following theories would believe that aggression is learned through modeling?

- A. Social Learning
- B. Behavioral
- C. Psychodynamic
- D. Humanistic

Correct Answer: A

Albert Bandura demonstrated this with his famous Bobo Doll Experiments. Children in the group who saw the adult treat the doll aggressively were much more aggressive in their own treatment of the doll. Behaviorists would believe aggression is learned through conditioning. Psychodynamic followers would explain aggression as an instinct - Thanatos. The humanistic explanation is that aggression is caused by unmet needs.

QUESTION 3

John and Carol took the same test. John got a score of 87 and Carol got a score of 73. To determine if the differences in scores is the result of chance, a counselor would need to know which of the following characteristics of the test?

- A. Standard error of the mean
- B. Standard deviation
- C. Mean
- D. Standard error of measurement

Correct Answer: D



Standard error of measurement estimates where an individual's scores would fall if given the same assessment over a period of time. Standard error of the mean is the variability of the sample means while standard deviation is a measure telling the amount of variation of a set of data points.

QUESTION 4

Using deductive reasoning to gain knowledge has been called:

- A. Qualitative research
- B. Quantitative research
- C. Syllogism
- D. Cross section research

Correct Answer: C

Knowledge can be gained about a particular relationship by following downward from general to specific. For instance: In general, people with depression are sad. Sally is sad. Sally has depression.

QUESTION 5

Behavioral reinforcers always raise behavioral probability.

- A. True
- B. False

Correct Answer: A

The purpose of reinforcers is to increase the likelihood that a specific behavior will occur following a stimulus.

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