CCMH/506: Personality Theories And Counseling Models

Wk 5 - Concept Check [due Mon]

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**10** OF 10 QUESTIONS REMAINING

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Test Content

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**Complete** the Week 5 Concept Check.

The quiz consists of 10 multiple-choice questions. Each question has one correct answer. You will have unlimited attempts to take the quiz.

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Question 1

**2 Points**

Which of the following is **not**an example of an irrational belief?

* 1. 

**I must get an A in this class or I’m not smart.**

* 1. 

**I did not do well on this test so I am going to study harder so I can do better next time.**

* 1. 

**I got a B in this class and I always get A’s. My life is over!**

* 1. 

**My instructor doesn’t like me and that’s why I’m failing.**

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Question 2

**2 Points**

When using REBT, the intervention of challenging clients should:

* 1. 

**Be very confrontational.**

* 1. 

**Tell them what to think and how to feel about certain situations.**

* 1. 

**Help them understand their options regarding how they think and feel about certain situations.**

* 1. 

**Help them determine if they want counseling or not.**

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Question 3

**2 Points**

Which of the following is **not** one of the 14 basic principles that are core to the therapeutic process?

* 1. 

**CBT is culturally adapted and tailors treatment to the individual.**

* 1. 

**CBT stresses collaboration and active participation.**

* 1. 

**CBT sessions are unstructured.**

* 1. 

**CBT is time sensitive.**

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Question 4

**2 Points**

In the first CBT session, which of the following should **not**be a priority?

* 1. 

**Implement interventions.**

* 1. 

**Establish the relationship between the client and therapist.**

* 1. 

**Instilling hope for the client.**

* 1. 

**Educating the client on the CBT model of therapy and how it works.**

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Question 5

**2 Points**

Which disputations do REBT therapists use?

* 1. 

**Behavioral, cognitive, emotional**

* 1. 

**Physical, behavioral, cognitive**

* 1. 

**Good, bad, mediocre**

* 1. 

**Spiritual, cognitive, emotional**

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Question 6

**2 Points**

In demonstrating the ABCs of feeling and behaving, which is true?

* 1. 

**“A” stands for Activating Event, “B” stands for Irrational Belief, and “C” stands for Consequences**

* 1. 

**“A” stands for Action, “B” stands for Rational Belief, and “C” stands for Consequences**

* 1. 

**“A” stands for Acting, “B” stands for Irrational Behavior, and “C” stands for Consequences**

* 1. 

**“A” stands for Activating Event, “B” stands for Irrational Belief, and “C” stands for Cognition**

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Question 7

**2 Points**

Which of the following is **not** included in the 5 steps of rational emotive behavior therapy?

* 1. 

**Assess client’s situation and hypothesize how the ABCs apply**

* 1. 

**Teach the REBT philosophy**

* 1. 

**Demonstrate how the client’s situation fits the REBT model**

* 1. 

**Tell the client which new behaviors to adopt**

* 1. 

**Reinforce change and terminate the relationship**

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Question 8

**2 Points**

When working with diverse clients and using CBT, which of the following should **not** be done?

* 1. 

**Demonstrate culturally respectful behavior.**

* 1. 

**Identify culturally-related strengths.**

* 1. 

**Validate a client’s feelings of oppression.**

* 1. 

**Help clients find ways of ignoring environmental problems.**

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Question 9

**2 Points**

Clients who view themselves from the lens of their family or from a broader community context may be less amenable to the cognitive therapy approach because it focuses almost exclusively on:

* 1. 

**The individual**

* 1. 

**The family**

* 1. 

**The client’s past relationships**

* 1. 

**Childhood**

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Question 10

**2 Points**

Which of the following is not included in some of the more commonly used techniques in cognitive therapy?

* 1. 

**Thought stopping**

* 1. 

**The ABCs of rational thinking**

* 1. 

**Imagery-changing**

* 1. 

**Rational-emotive role-play**

* 1. 

**Behavior and emotive techniques**

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**Additional content**

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**Details & Information**

* **Assessment due date**3/28/23, 1:59 AM (CDT)
* **Attempts**1 attempt left

**Grading**

**Maximum points**

20 points

Questions Filter (10)