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| 1. In Chapter 1, Raymond Corsini illustrates a change in an inmate’s life after learning he had a high IQ. This story demonstrates that psychotherapy can be broadly defined as any   |  |  |  | | --- | --- | --- | |  | a. | interaction between a therapist and a patient. | |  | b. | technique that teaches a patient a new skill. | |  | c. | self-concept-altering experience. | |  | d. | interpretation provided to a patient. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Negotiating Fault Lines in the EBT Terrain | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.05 - Explore the fault lines in empirically based therapy: art vis-à-vis science. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 2. Hellenist physicians believed that the organ contributing to mental illness was the   |  |  |  | | --- | --- | --- | |  | a. | heart. | |  | b. | liver. | |  | c. | brain. | |  | d. | blood. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 3. Gottfried Wilhelm Leibniz is credited with the   |  |  |  | | --- | --- | --- | |  | a. | first scientific study of the unconscious. | |  | b. | development of systematic psychotherapy. | |  | c. | creation of the nature versus nurture debate. | |  | d. | identification of defense mechanisms. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 4. The psychotherapeutic term *dynamic* was first used by   |  |  |  | | --- | --- | --- | |  | a. | Sigmund Freud. | |  | b. | Gottfried Wilhelm Leibniz. | |  | c. | Hippocrates. | |  | d. | Franz Anton Mesmer. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 5. The idea that similar ideas attract and strengthen one another’s ability to be conscious is the result of the work of   |  |  |  | | --- | --- | --- | |  | a. | Alfred Adler. | |  | b. | Hippocrates. | |  | c. | Thomas Mann. | |  | d. | Johann Friedrich Herbart. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 6. Franz Anton Mesmer is often viewed as the pioneer of   |  |  |  | | --- | --- | --- | |  | a. | manualized therapy. | |  | b. | free association. | |  | c. | hypnotherapy. | |  | d. | behavioral intervention. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 7. Herman von Helmholtz described the unconscious reconstruction of what our past taught us about an object as   |  |  |  | | --- | --- | --- | |  | a. | restructuring objects. | |  | b. | psychic stimulation. | |  | c. | cognitive discovery. | |  | d. | unconscious inference. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 8. Which type of psychotherapy views the process of helping others as a form of teaching?   |  |  |  | | --- | --- | --- | |  | a. | Humanistic therapy | |  | b. | Behavior therapy | |  | c. | Psychoanalytic therapy | |  | d. | Client-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Sources of Hope | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 9. Emil Kraepelin’s work focused heavily on   |  |  |  | | --- | --- | --- | |  | a. | multicultural variants of illness. | |  | b. | classifications of diseases. | |  | c. | surgical approaches to mental illness. | |  | d. | use of hypnosis. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 10. The idea that nonlinear messages are systematically sent between the unconscious and the conscious in human interactions was developed by   |  |  |  | | --- | --- | --- | |  | a. | Hippocrates. | |  | b. | Carl Gustav Carus. | |  | c. | Franz Anton Mesmer. | |  | d. | Gottfried Wilhelm Leibniz. |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 11. Arthur Schopenhauer’s principle argument was that   |  |  |  | | --- | --- | --- | |  | a. | unconscious material could easily be made conscious. | |  | b. | the unconscious did not exist at all. | |  | c. | free will prevailed over determinism. | |  | d. | we are largely driven by blind, irrational forces. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 12. Jungian therapy, based on the work of Moritz Benedikt, underscores the importance of   |  |  |  | | --- | --- | --- | |  | a. | rewarding positive behavior. | |  | b. | unconditional positive regard. | |  | c. | purging pathogenic secrets. | |  | d. | cognitive distortions. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 13. Neurosciences suggest that elective psychotherapy leads to changes at the   |  |  |  | | --- | --- | --- | |  | a. | cognitive level. | |  | b. | behavioral level. | |  | c. | neuronal level. | |  | d. | interpersonal level. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | The Impact of the Biological Sciences on Psychotherapy | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.02 - Examine the impact of emergent biological sciences on mentalistic approaches to mental health. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 14. The expression of certain genes that result from their activation by specific but common environmental events is referred to as   |  |  |  | | --- | --- | --- | |  | a. | neuronal decay. | |  | b. | somatiker. | |  | c. | psychiker. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Epigenetics: Neuroscience’s Novel Contributions to Psychotherapy | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.03 - Learn how controlling environmental events can therapeutically alter our genome and explore the impact of neuroscience on psychotherapy in the future. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 15. Pope and Wedding would argue that in deciding to use psychotropic medications   |  |  |  | | --- | --- | --- | |  | a. | preset clinical objectives need to be determined. | |  | b. | immediate early genes are irrelevant. | |  | c. | psychotherapy’s common factors are undermined. | |  | d. | psychotherapy has occurred if patient’s suffering has been alleviated. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Epigenetics: Neuroscience’s Novel Contributions to Psychotherapy | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.03 - Learn how controlling environmental events can therapeutically alter our genome and explore the impact of neuroscience on psychotherapy in the future. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 16. Due to multicultural differences, segments of the population would likely benefit from   |  |  |  | | --- | --- | --- | |  | a. | indigenized psychotherapies. | |  | b. | exporting Euro-American psychotherapists. | |  | c. | abandoning cultural philosophies. | |  | d. | accepting a universal approach to psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Cultural Factors and Psychotherapy | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.04 - Appreciate changing views of globalization, indigenizing psychology, and cross-cultural counseling. | | *NATIONAL STANDARDS:* | United States - CACREP.2A - Social and Cultural Diversity – Multicultural and pluralistic characteristics within and among diverse groups nationally and internationally United States - CSHSE.1a - The historical roots of human services. United States - EPAS.2A - Engage Diversity and Difference in Practice – Apply and communicate understanding of the importance of diversity and difference in shaping life experiences in practice at the micro, mezzo, and macro levels. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 17. Positive psychology has considerable momentum and is most commonly linked with the work of   |  |  |  | | --- | --- | --- | |  | a. | Aaron Beck. | |  | b. | Sigmund Freud. | |  | c. | Martin Seligman. | |  | d. | Albert Ellis. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Who Can Do Psychotherapy? | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.08 - Examine who can do therapy and what constraints, personal and institutional, are imposed. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 18. Research suggests that interpersonal psychotherapy is effective in treating \_\_\_\_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | schizophrenia | |  | b. | bipolar disorder | |  | c. | phobias | |  | d. | depression |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Historical Foundations of Psychotherapy | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.3c - The major models used to conceptualize and integrate prevention, maintenance, intervention, rehabilitation, and healthy functioning. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 19. Raymond Corsini describes how a prisoner’s life changed when he was told that he had a high IQ. Why does Dr. Corsini consider this psychotherapy?   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Negotiating Fault Lines in the EBT Terrain | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.05 - Explore the fault lines in empirically based therapy: art vis-à-vis science. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 20. Although Sigmund Freud is generally called the “father of psychotherapy,” describe the contributions of his key predecessors and contemporaries.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 21. What does epigenetic change mean? How can a therapist affect epigenetic change in a client?   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Epigenetics: Neuroscience’s Novel Contributions to Psychotherapy | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.03 - Learn how controlling environmental events can therapeutically alter our genome and explore the impact of neuroscience on psychotherapy in the future. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 22. Many attempts have been made historically to categorize or classify mental illnesses. Discuss the evolution of these attempts from beginning to current.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Evolution of This Science and Profession | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |

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| 23. What is a manualized psychotherapy? Discuss three practical advantages to manualized psychotherapies.   |  |  | | --- | --- | | *ANSWER:* | Answers will vary. | | *POINTS:* | 1 | | *DIFFICULTY:* | Moderate | | *REFERENCES:* | Manualization of Treatment | | *QUESTION TYPE:* | Essay | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | WEDD.CURR.19.01.06 - Examine manualization of psychotherapy and its limitations. | | *NATIONAL STANDARDS:* | United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making United States - CSHSE.1a - The historical roots of human services. United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies. | | *DATE CREATED:* | 3/12/2018 2:45 AM | | *DATE MODIFIED:* | 3/12/2018 2:45 AM | |