Course 412 Final Exam Study Guide

1. Today it is more likely that counselors and psychologists will hold to some combination of theories and approaches rather than to only one. True False

2. Full-blown personality disorders are rare in the general population. Answer: True False

3. Another term used for the antisocial personality is narcissistic. True False

4. Males make up the majority of diagnosed cases of borderline personality disorder. True False

5. Johann Christian August Heinroth was a Christian pioneer in the field of psychology who divided the human personality similarly to, but long before Freud and may thus be considered the actual ‘Father of Psychiatry’ and ‘Father of Christian Psychiatry’. True or False

6. The Diagnostic and Statistical Manual of Mental Disorders is an instructional manual for neurosurgeons. True or False

7. If a sexual relationship develops between a counselor and a patient, there may be ‘transference’ taking place. True or False

8. Counselors, other treatment professionals, and law enforcement agencies are in a position of tremendous power. True or False

9. Looking for one’s own continued treatment and support is a great reason to enter the addiction field. True or False

10. From a Christian perspective, the value that is found in each of the four theories of personality is that they all attempt to develop a holistic perspective on personality. True or False

11. If necessary to ensure that the insurance company will pay for treatment, it is ethical to list a mental illness problem as an admittance diagnosis. True or False

12. Most professions require continuing education as a condition for renewing a license or certification. True or False

13. In-Service training is usually acceptable to meet the minimum requirements for licensure or certification. True or False

14. There is an ethical obligation for an addiction professional to become involved in the politics of developing substance use/abuse laws. True or False

15. It is unethical to use animals for research, even though many professionals do so. True or False

16. Any time a person speaks in public about a previous personal problem with substance use/abuse you can assume the right to record and share their comments. True or False
17. Federal law allows the courts to mandate that a counselor provide confidential information. True or False

18. Effective drug testing can not determine if a person is using, abusing or is dependent upon a substance. True or False

19. At some point, an addiction counselor who has recovered from a problem with abuse is likely to share an AA group with a former patient. True or False

20. The term 'Dual Diagnosis' refers to the presence of either an addiction problem or mental health issue. True or False

21. Alcoholism is characterized by denial and self-delusion. True or False

22. Substance abuse is defined as an illness under the Americans with Disabilities Act. True or False

23. Confidentiality requirements are sometimes outweighed by the need to report child abuse. True or False

24. Avoiding lawsuits should not guide your ethical decisions. True or False

25. Ethical decisions are not always clear cut. True or False

26. An addiction professional who has recovered from a substance abuse problem makes the most effective counselor because this person can best understand the issues. True or False

27. Choose three from the list below, that are possible causes of depression:

Choose at least one answer.

A. life stresses
B. high levels of serotonin in the brain
C. guilt
D. viral infections
E. flat affect

28. There are distinct stages the body goes through when stressed. Choose three examples.

Choose at least one answer.

A. resistance
B. gastrointestinal problems
C. exhaustion
29. Choose three factors that appear to contribute to psychological problems.

Choose at least one answer.

A. maternity
B. heredity
C. environment
D. increased responsibility
E. precipitating stress

30. Choose three anxiety disorders typically associated with substance abuse.

Choose at least one answer.

A. Bipolar Disorder
B. Obsessive/Compulsive Disorder
C. posttraumatic Stress Disorder
D. Personality Disorder
E. Generalized Anxiety Disorder

31. Christian counseling involves which basic functions? (Choose three)

Choose at least one answer.

A. praying with the counselee
B. listening to the counselee
C. encouraging the counselee to join your church
D. helping the counselee to gain insight
E. helping counselee formulate a specific plan of action

32. Choose three aspects of Christian counseling that make it unique.

Choose at least one answer.
A. accepts the bible as standard of authority
B. effectively deals with the counselee's past
C. promotes church growth
D. measures counselee's behavior by a religious standard
E. deals with the whole person

33. What is the purpose of Cognitive Therapy?
Choose one answer.
A. change a person's behaviors
B. reward a person's behaviors
C. change a person's thoughts
D. identify a person's feelings

34. What does the defense mechanism of Denial do to reality?
Choose one answer.
A. makes reality go away
B. makes reality unrealistic
C. makes reality small
D. distorts reality

35. Choose three that are characteristics of defense mechanisms.
Choose at least one answer.
A. unconscious
B. self-deceptive
C. used by everyone, although some people use them more often
D. other-deceptive
E. conscious

36. Choose three issues that are a spiritual basis for emotional problems.
Choose at least one answer.

A. lack of intimacy with God
B. the need to deal with a specific sin
C. demonic influence
D. religious intolerance
E. the need for intimacy

37. Choose three reasons why anonymity is important to A.A. members.

Choose at least one answer.

A. prevents ego trips
B. unity is important
C. ensure newcomers of privacy
D. protect fellowship in times of relapse
E. unanimous decisions go farther

38. Which of the following is not true?

Choose one answer.

A. Psychology can be defined as the scientific study of the behavior and thinking of organisms.
B. Psychology overlaps with sociology, philosophy and religion.
C. The term “psychology” implies – the mind (“psyche”) and study (“logy”).
D. Psychology is mainly concerned with social influences upon the individual.
E. Psychology studies how humans cope with their environment