Ethics in Psychotherapy and Counseling

Question from chapter 2

1) Evans (1989) noted that ______ is perhaps the best known and most widely accepted notion of inferential error.
   a) personal bias
   b) confirmation bias
   c) perspective bias
   d) receptivity bias

2) Which of the following is not one of the symptoms of groupthink mentioned by Janis and Mann (1977)?
   a) an illusion of invulnerability
   b) collective efforts to rationalize
   c) the illusion of virtual unanimity
   d) regression towards the mean

3) Which fallacy takes the form of assuming that a group possesses the characteristics of its individual members?
   a) disjunctive fallacy
   b) nominal fallacy
   c) composition fallacy
   d) naturalistic fallacy

4) Which is known as the “either-or fallacy”?
   a) division fallacy
   b) golden mean fallacy
   c) false dilemma
   d) naturalistic fallacy

5) Which fallacy takes the form of introducing or focusing on irrelevant information to distract from valid evidence?
   a) red herring
   b) straw person
   c) post hoc
   d) bait and switch

6) The speaker shifts the focus to the question of whether the acts affected anyone in
   a) substituting the general for the specific
   b) using the abstract language of technicalities
   c) using a conditional frame for consequences
   d) mistaking deductive validity for truth

Question from chapter 3

7) Freud (1952) wrote that “talking therapy” was comparable to a/an
   a) romantic relationship with one’s father
   b) sausage shop
   c) Entmoot
   d) surgical operation
8) In the 1950's, 1 out of every _____ citizens was held involuntarily in a mental institution.
   a) 300  
   b) 600  
   c) 900  
   d) 1200

9) One aspect of the power of expectation which was mentioned is the _____ effect.
   a) prisoner's  
   b) mirror  
   c) placebo  
   d) Coriolis

10) The author states that the power differential is inherent in psychotherapy
    a) True  
    b) False

**Question from chapter 4**

11) Intellectual competence involves
    a) a graduate degree  
    b) communicating knowledge  
    c) knowing about  
    d) a reality orientation

12) Pope and Brown (1996) state that _____ for therapy reflects therapists' acknowledgment and respect for themselves as unique, fallible human beings.
    a) a predisposition  
    b) appropriate humility  
    c) intellectual honesty  
    d) emotional competence

13) What percent of the therapists in Pope and Tabachnick's (1994) study reported that they had been in personal therapy?
    a) 54%  
    b) 64%  
    c) 74%  
    d) 84%

**Question from chapter 5**

14) What is mentioned as a consequence when self-care is neglected?
    a) disrespecting clients  
    b) disrespecting work  
    c) becoming anxious and afraid  
    d) all the above

    a) spirituality  
    b) physical exercise  
    c) continuing education  
    d) social outlets
16) Pope and Tabachnick (1993) found that of the therapists that reported being in therapy, _____ reported having felt suicidal.
   a) 9%
   b) 19%
   c) 29%
   d) 39%

17) Pope and Tabachnick (1993) found that _____ of therapists had been attacked by a patient.
   a) 6%
   b) 12%
   c) 18%
   d) 24%

**Question from chapter 6**

18) The authors suggest the creation of a
   a) executive wash room
   b) smoke free environment
   c) culturally sensitive practice
   d) professional will

**Question from chapter 7**

19) Crits-Christoph et al. (2005) believe that _____ remain the most powerful way to test notions of causal agency.
   a) naturalistic observations
   b) simply asking people
   c) longitudinal studies
   d) randomized controlled trials

20) Edmund Burke stated that no man should be _____ in his own cause.
   a) jury
   b) defendant
   c) judge
   d) prosecutor

21) Hall (1952) did not want a code of ethics and wanted to place most of the responsibility on
   a) the individual psychologist
   b) the state association
   c) graduate schools
   d) society

22) At the 2001 Council of Representatives meeting, a change was made which allows a psychologist who is the subject of an ethics matter to resign and not go through the adjudication process.
   a) True
   b) False
23) From August 1983 to November 2005, there were 135 reported disciplinary actions for psychologists which involved
   a) fraudulent acts
   b) failure to comply with continuing education requirements
   c) conviction of crimes
   d) breach of confidentiality

24) Bennett (2005) mentioned each of the following trends EXCEPT
   a) the percentage of claims for sexual misconduct has increased
   b) the percentage of claims for custody disputes has increased
   c) the percentage of claims involving suicide has dropped
   d) suits filed in retaliation for fee collection appear to have decreased

Question from chapter 8

25) The authors urge therapists facing a valid formal complaint to seriously consider, in consultation with their attorney
   a) apologizing
   b) writing a termination letter
   c) taking a leave of absence
   d) filing a countersuit

Question from chapter 9

26) Which is not mentioned as a step in ethical decision making?
   a) Anticipate who will be affected by your decision
   b) Honestly review your dilemma with your client
   c) Review relevant legal standards
   d) Review the relevant research and theory

27) What does Meehl (1977) call the tendency to hold explanations provided by other people to much more scientifically and logically rigorous standards than we use for our own explanations?
   a) double standard of morals
   b) correspondence bias
   c) the looking glass effect
   d) the bystander effect

Question from chapter 10

28) Approximately ______ of U.S. citizens have disabilities.
   a) 1/10
   b) 1/7
   c) 1/5
   d) 1/3

29) Which of the following is NOT mentioned as reasons for a therapist to clarify access to therapeutic resources. It causes the therapist to
   a) consider the client's needs for telephone access
   b) specify backup availability
   c) examine his or her financial obligations
   d) consider his or her needs for time off
30) Psychologist are to terminate therapy when it is reasonably clear that the client is not likely to benefit from continued service.
   a) True
   b) False

31) Psychologists have the right to terminate therapy if they feel threatened by a client's spouse.
   a) True
   b) False

Question from chapter 11

32) The Cardozo principle emphasizes the importance of
   a) the parental role of the state
   b) self-determination
   c) self-actualization
   d) genetic predispositions

33) “If a recommended test or treatment is itself risky, then the physician should always explain the potential consequences of declining to follow the recommended course of action” was the ruling in
   a) Cobbs v. Grant
   b) Canterbury v. Spence
   c) Natanson v. Kline
   d) Truman v. Thomas

34) Informed consent is not a strategy to insulate a clinician from responsibility when performing unethical acts.
   a) True
   b) False

35) The father or head of the family can provide informed consent in family therapy.
   a) True
   b) False

Question from chapter 12

36) The term _____ refers to raw and scaled scores and psychologist' notes and recordings concerning the client statements during an examination.
   a) psychotherapy notes
   b) process notes
   c) objective data
   d) test data

37) Gavett et al. (2005) found that _____ significantly impair neuropsychological test performance on measures of attention, verbal memory, verbal fluency, and cognitive symptom validity.
   a) placebos
   b) hangovers
   c) third party observers
   d) computer administration
38) Gross (2004) wrote that the abuse of ______ is one of the most common ethical and legal violations committed by practicing therapists.
   a) substances
   b) trust
   c) time
   d) insurance

39) The story of the religious clients who were diagnosed with PTSD after an earthquake was an example of
   a) retrospective accuracy
   b) low base rates
   c) dual high base rates
   d) predictive accuracy

40) Forensic texts mandate that no psychologists should accept
   a) contingency fees
   b) relatives as clients
   c) referrals from partners
   d) goods in trade for services

41) According to Pope (1992), all the following factors can block the provision of adequate feedback EXCEPT
   a) unrealistic demands on clinician's time
   b) clients may be resistive to returning for a feedback session
   c) advertisements for tests may stress how little time they take
   d) therapists may be uncomfortable discussing assessment results with a client

**Question from chapter 13**

42) The prohibition against sexual involvement with patients was mentioned in the _____ healing arts.
   a) Grecian
   b) Nigerian
   c) Chinese
   d) Arabian

43) Pooling data from peer-reviewed journals, about ____ of the therapists reported becoming sexually involved with a client.
   a) 4.4%
   b) 8.4%
   c) 12.4%
   d) 16.4%

44) “If the considered course of action includes any form of sexual involvement with a patient, it must be rejected” is a way to guard against violating the
   a) prime directive
   b) fundamental prohibition
   c) golden rule
   d) Hippocratic Oath
45) “The tendency to reject reflexively – without adequate data gathering” is which of the common therapists’ reactions to victims of therapist-patient sexual involvement?
   a) minimization of harm
   b) disbelief and denial
   c) making the patient fit the textbook
   d) blaming the victim

**Question from chapter 14**

46) Kitchener suggests that dual relationships are more likely to cause problems if they involve all EXCEPT
   a) incompatibility of expectations between roles
   b) inequity in the financial arrangements
   c) diverging obligations associated with different roles
   d) increased power and prestige between professionals and consumers

47) Pope & Vetter (1992) found the _____ most often reported ethical dilemmas were in the area of blurred, dual, or conflictual relationships.
   a) first
   b) second
   c) third
   d) fourth

48) Standard 3.05a of the APA ethics code notes that all multiple relationships are problematic.
   a) True
   b) False

49) Borys (1988) found a clear relationship between sexual and nonsexual multiple role behaviors.
   a) True
   b) False

50) The APA does not allow bartering for psychological services.
   a) True
   b) False

**Question from chapter 15**

51) Immigrant Mexican American women have a lifetime rate of depression of
   a) 2%
   b) 4%
   c) 8%
   d) 16%

52) According to Flores (2006), _____ of U.S. Residents speak a language other than English at home.
   a) 9.7%
   b) 12.7%
   c) 15.7%
   d) 18.7%
53) According to Pope and Brown (1996), it is important to assess not only our intellectual competence but also our
a) intellectual motivation
b) emotional motivation
c) emotional competence
d) intellectual/motivational ratio

54) The case of Larry P. v. Riles deals with _____ testing and an African American student.
   a) intelligence
   b) personality
   c) vocational
   d) academic

55) Langer (1989) found that children can be taught that handicaps are _____ specific.
   a) person
   b) setting
   c) function
   d) culture

Question from chapter 16

56) Which potential pitfall that can lead to violations of confidentiality did Pope et al. (1987) report as “the most effective source of guidance for practice”.
   a) referral sources
   b) gossip
   c) case notes
   d) consultation

57) Using the delete key to get rid of a file leaves virtually all of the file on the hard disk.
   a) True
   b) False

58) For family and group therapy, one approach to address confidentiality that was mentioned is to
   a) not keep progress notes
   b) have each client waive confidentiality rights
   c) maintain a separate chart for each client
   d) make the contents of the charts equally available for all participants

59) Chiang (1986) reported that a district court of appeal ruled that a psychologist can not be sued for disclosing privileged information in a court proceeding even if it violates the patient's constitutional right of privacy.
   a) True
   b) False

60) James F. Masterson's breach of confidentiality was due to
   a) carelessness in a home office
   b) distraction
   c) practitioner impairment
   d) gossip
Question from chapter 17

61) Far more people kill themselves than kill others.
   a) True
   b) False

62) Peck & Seiden (1975) report that _____ have historically shown an extremely high suicide rate.
   a) married teenagers
   b) single teenagers
   c) widowed men
   d) widowed women

63) Perhaps 80% of completed suicides were preceded by
   a) a prior attempt
   b) the loss of a job
   c) the death of a spouse
   d) ingestion of alcohol

64) Palmer et al. (2005) found that the lifetime risk for suicide among people with schizophrenia
    was around
   a) 2%
   b) 5%
   c) 9%
   d) 14%

65) The suicide rate for men is about _____ that for women.
   a) 4 times
   b) 2 times
   c) ½
   d) equal

66) The decade from the mid _____ to the mid _____ constitutes the age span of highest risk.
   a) twenties to thirties
   b) thirties to forties
   c) forties to fifties
   d) fifties to sixties

67) Psychiatric hospitals have a suicide rate more than _____ greater than in the community.
   a) 35%
   b) 45%
   c) 55%
   d) 65%

68) What does Michael Peck mention as a shortcoming of therapists when dealing with suicidal
    clients?
   a) lack of knowledge
   b) failure to consult
   c) self-doubt
   d) over confidence
Question from chapter 18

69) The supervisor is ultimately responsible legally for the clinical services that the supervisee provides.
   a) True
   b) False

70) Kitchner (2000) addresses multiple-role relationships in supervision and uses ______ theory to promote understanding of the ambiguity inherent in role conflicts.
   a) chaos
   b) game
   c) group dynamics
   d) social role

71) Keith-Spiegel and Koocher (1995) point out that lack of ______ is the most common basis of ethics complaints regarding supervision.
   a) boundaries
   b) supervisor knowledge
   c) timely feedback
   d) supervisor access

72) One study found that 1 out of every ____ women who had received her doctorate in psychology within the past 6 years had engaged in sexual intimacies with at least one of her psychology educators.
   a) 2
   b) 4
   c) 6
   d) 8