Test Bank for Principles and Practice of Grief Counseling 4th Harris

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INSTRUCTOR'S MANUAL TO ACCOMPANY

Principles and Practice of Grief Counseling

Fourth Edition

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Chapters 17 and 18 Intentionally Omitted

Chapter 1

1. How did the field of counseling psychology originally emerge in the 1960s?
   A. As a medical sub-specialty focused on diagnosing psychic secrets.
   ***B.** As a grassroots movement responding to elitist, heavy-handed therapies.
   C. As a branch of social work designed to provide financial and political advocacy.
   D. As a response to the need for long-term restructuring of core personality traits.

1. Correct answer: B) As a grassroots movement responding to elitist, heavy-handed therapies.

Counseling psychology arose from a grassroots movement in response to therapies seen as heavy-handed and elitist that focused on client weaknesses and fostered dependence. Counseling is not meant to dissect deep psychic secrets. While counseling considers social/political structures, its origins were a reaction to existing therapeutic styles, not as a branch of social work. Long-term restructuring is defined as therapy, not the origin of counseling psychology.

2. What is the primary distinction between counseling and therapy?
   A. Counseling is for those who are "neurotic," while therapy is for "normal" people.
   B. Counseling involves giving expert advice, while therapy involves listening.
   ***C.** Counseling is generally short-term and focuses on everyday life issues.
   D. Therapy focuses on innate strengths, while counseling focuses on family dysfunction.

2. Correct answer: C) Counseling is generally short-term and focuses on everyday life issues.

Counseling is usually short-term and focuses on reframing everyday life events for people who are basically functional. The term “neurotic” is a negative media stereotype, not a clinical diagnosis needed for counseling. Counselors do not give advice; they facilitate the client finding their own answers. Counseling focuses on innate strengths, while therapy may address deeper dysfunctions.

3. The misconception that only weak people seek counseling is largely driven by which societal value?
   ***A.** Rugged independence and stoicism.
   B. Intellectual curiosity and self-actualization.
   C. Community-based healing and transparency.
   D. Political activism and empowerment.

3. Correct answer: A) Rugged independence and stoicism.

This misconception is an extension of society’s focus on denying and hiding emotions and the value placed on rugged independence. Intellectual curiosity would likely lead someone toward counseling rather than stigmatizing it as a weakness. Society often criticizes vulnerability rather than offering community support. Empowerment is a goal of counseling; it is not a societal value that drives the weakness stigma.

4. Within the counseling relationship, who is the “expert” regarding the client’s values, beliefs, and life choices?

A. The counselor
***B.** The client
C. The client's family
D. Popular media

4. Correct answer: B) The client

The client knows their values, beliefs, and life experiences better than anyone else. While the counselor has training, their role is that of a facilitator, not an expert who fixes or knows the client's life better than the client does. The client is the expert, not the family. Popular media is a source of misconceptions and inaccurate representations of counseling, so it is not an expert regarding the client.

5. Which of the following is the MAIN goal of the counseling process?
A. To provide a definitive 10-minute solution to problems for entertainment.
B. To encourage client dependence on a parental figure.
C. To dissect deep-seated family dysfunctions over many years.
***D.** To facilitate the process of finding and making meaning in life experiences.

5. Correct answer: D) To facilitate the process of finding and making meaning in life experience.

One of the MAIN goals of counseling is to facilitate the process of finding and making meaning in life experiences. Call-in radio and television shows provide 10-minute solutions to problems for entertainment. Counseling psychology arose specifically to prevent client dependence. Dissecting deep-seated family dysfunctions is more likely to be a component of therapy rather than counseling.

6. Why do many individuals in modern society struggle to develop an effective "repertoire of responses" to death?
A. Most people lack the intellectual capacity to understand the finality of death.
B. Society offers role models who encourage long, expressive periods of public mourning.
***C.** We live in a society with a high life expectancy and little regular exposure to death.
D. Most people prioritize religious rituals over clinical counseling interventions.

6. Correct answer: C) We live in a society with a high life expectancy and little regular exposure to death.

Because we expect long, healthy lives, most people are plunged headfirst into loss without prior exposure or practice. The struggle is related to social exposure and experience, not cognitive ability. Society lacks good role models for mourning. Prioritizing religious rituals over clinical counseling interventions does not cause unpreparedness in response to death.

7. What is the primary benefit of the counselor being a "safe person" in the context of grief counseling?
A. They can prescribe medication to help the client "get over" the loss faster.
***B.** They can hear difficult thoughts that the client feels unable to share with friends or family.
C. They act as a legal witness for the deceased person's final estate and will.

D. They provide a distraction to help the client stay busy and avoid the pain of loss.

7. Correct answer: B) They can hear difficult thoughts that the client feels unable to share with friends or family.

Counselors can hear things that are difficult for clients to tell those within their existing social or family circles. It is important to navigate the experience rather than getting over it through medication. Counselors are not considered safe people to talk to because they act as legal witnesses. It is not recommended to stay busy and distracted to avoid the pain of loss.

8. Which of the following is the primary cause for couple counseling in the context of grief?
A. The death of a parent
B. The death of a sibling
C. The death of a spouse
***D.** The death of a child

8. Correct answer: D) The death of a child

The loss of a child is a primary reason for couple counseling because it violates the natural order and highlights differences in how partners manifest grief. Although some will seek counseling in response to the death of a parent, sibling, or spouse, these are not the most common scenarios for couples counseling.

9. Why are family members often the least able to support each other following a mutual loss?
A. Family members usually have identical grieving styles, leading to emotional boredom.
***B.** Relational dynamics and the deceased's unique role can impede common grief pathways.
C. Modern families are typically too large to coordinate effective support schedules.
D. Professional counselors discourage family members from talking to each other.

9. Correct answer: B) Relational dynamics and the deceased's unique role can impede common grief pathways.

Dissimilar grief and the reorganization of the family system can make it difficult for family members to find a shared pathway for support. Family members can have different grieving styles. Family size is not a common barrier to family support. Counselors aim to bridge the gaps in the system, not prevent communication.

10. What factor is MOST likely to deplete family members and make it harder to deal with loss?
A. The financial burden of hiring a professional grief counselor.
***B.** A lack of energy due to long periods of caregiving and built-up stress.
C. A lack of energy due to long periods of caregiving and built-up stress.
D. An overabundance of energy that leads to excessive conflict.

10. Correct answer: B) A lack of energy due to long periods of caregiving and built-up stress.

Family members are often depleted after caregiving, leaving little energy to address the family dynamics or the loss itself. The cost of counseling is not likely to contribute to the difficulty of dealing with a loss. Although there may be societal pressure to return to work, this is not one of the main factors making it harder to deal with loss. It is more likely that a family member will experience a lack of energy rather than an overabundance.