

Chapter 2.

1. The helping process may be influenced by
 - a. The clients' expectations
 - b. The helpers' expectations
 - c. The clients' beliefs
 - d. **All of the above**
2. The helper can maintain ethical professional relationships by
 - a. **Becoming aware of their own values, beliefs, and expectations**
 - b. Getting rid of expectations which are not relevant to the client
 - c. Being honest and sharing their values with the client
 - d. Ignoring their own values, beliefs, and expectations
3. When the helpers' and clients' values conflict
 - a. The helpers should lean toward accepting the client's value
 - b. **Helpers talk about the conflict with the client**
 - c. Helpers should talk clients into accepting their values
 - d. It can be ignored if the conflict is not too big
4. The helper's theoretical orientation
 - a. Should be followed with every client in order to have consistency as a practitioner
 - b. Should only be used for research purposes
 - c. Is not helpful for gathering information from the client
 - d. **Should be used when it meets the client's needs and goals**
5. A theoretical orientation can help the practitioner
 - a. Collect data
 - b. Connect information
 - c. Make hypotheses
 - d. **All of the above**
6. The competence of the helper
 - a. Does not include knowledge and skill
 - b. Only refers to implementing knowledge and skill
 - c. **Includes taking care of oneself**
 - d. Does not include self-awareness
7. Care of the helper
 - a. Should be second to care of the client
 - b. **Includes setting realistic expectations for the helper and client, and helping relationship**
 - c. Only focuses on setting realistic expectations for the client
 - d. Does not tend to impact the helping relationship
8. When employing innovative strategies
 - a. **It is wise to explain the potential risks to the client**
 - b. It is wise to wait to see how things turn out before telling the client
 - c. Make sure you let peers know the outcome
 - d. Be proud that you are trying something new

9. Using intuition, or a “gut feeling” for choice of treatment
 - a. Is a good measure for choosing intervention strategies
 - b. May be the most reliable way to choose treatment
 - c. **May be an ethical violation**
 - d. Is a good way to try out what you think will work best
10. The codes of ethics
 - a. **Are guidelines to the quality of care for our clients**
 - b. Are guidelines to consider only when you are new to the field
 - c. Tell you exactly what to do
 - d. Are only for members who pay dues to that professional organization
11. Knowing and being ethical may look like
 - a. Only treating clients you like
 - b. **Respecting and supporting client autonomy**
 - c. Trying new treatment strategies because they sound exciting
 - d. Only treating clients who will agree with your values
12. Ongoing professional support may look like
 - a. Continuing education
 - b. Personal counseling
 - c. Supervision
 - d. **All of the above**