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Instructors of classes using Gladding and Newsome's *Clinical Mental Health Counseling in Community and Agency Settings*, may reproduce material from the Instructor's Resource Manual and Test Bank for classroom use.

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INTRODUCTION

This electronic instructor's manual for the textbook, *Clinical Mental Health Counseling in Community and Agency Settings* (Gladding & Newsome, 2018), contains the following supplemental resources: a test bank of approximately 20 multiple choice questions and 2-3 essay questions per chapter; an answer key to the test bank questions, a list of key terms in each chapter, a glossary of terms; and a list of potential instructional activities for each chapter. PowerPoint presentations for each chapter also are available in separate documents.

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CHAPTER 1: HISTORY OF AND PROFESSIONAL IDENTITY IN CLINICAL MENTAL HEALTH COUNSELING

KEY TERMS

Clinical mental health counseling
Community counseling
Mental health counseling
American Mental Health Counselors Association
Frank Parsons
Jesse B. Davis
Clifford Beers
Boston's Vocational Bureau
School guidance
Council of Guidance and Personnel Association
National Vocational Guidance Association
American Personnel and Guidance Association
American Association for Counseling and Development
American Counseling Association
Smith-Hughes Act of 1917
Army Alpha, Army Beta intelligence tests
Strong Vocational Interest Inventory (SVII)
Psychometrics
Abraham and Hannah Stone
E. G. Williamson
Minnesota Point of View
Trait-factor Counseling
Edward Thorndike
John Brewer
George-Dean Act
Dictionary of Occupational Titles (DOT)
Carl Rogers
National Mental Health Act
U.S. Veterans Administration
Society of Counseling Psychology (Division 17) of APA
National Defense Education Act (NDEA)
Counseling Psychology
Gilbert Wren
Community Mental Health Centers Act
ERIC Clearinghouse on Counseling and Personnel Services (ERIC/CAPS)
Association of Counselor Education and Supervision (ACES)
Council for Accreditation of Counseling and Related Educational Programs (CACREP)
National Board for Certified Counselors (NBCC)
National Certified Counselor (NCC)
National Academy of Certified Clinical Mental Health Counselors (NACCMHC)
Chi Sigma Iota

Carol Gilligan
Feminist theory
Multicultural competencies and standards
Managed care organizations
Health maintenance organizations (HMOs)
Contextualism
Evidenced-based interventions
20/20 A Vision for the Future of Counseling
Licensure portability
Globalization of counseling
Patient Protection and Affordable Care Act
TRICARE
Department of Veterans Affairs' Choice Program
Professional identity
Nonprofessional helpers
Generalist human services workers
Professional helpers
Professional counseling
Bogust v. Iverson
Weldon v. Virginia State Board of Psychologists Examiners
Inspection
Registration
Certification
Licensure
Social work
Psychiatry
Biomedical model
Biopsychosocial model
Psychiatric mental health nurses
Psychologists
National Fair Access Coalition on Testing (FACT)
Secondary service
Primary service

QUESTIONS

Multiple Choice Questions

1. The story of a young man who rescued people from a river illustrates what key component of counseling?
 - a. Counseling emphasizes intervention wherever possible.
 - b. Counseling focuses on prevention wherever possible.
 - c. Counseling avoids altering people's environments.
 - d. Counseling is a profession for altruists.

2. Which of the following terms was devised in the mid- to late-1970s to identify counseling activities that took place outside of educational settings?
 - a. Clinical mental health counseling
 - b. School guidance and counseling
 - c. Mental health counseling
 - d. Community counseling
3. Which of the following divisions of the American Personnel and Guidance Association was established for mental health counselors?
 - a. American Community Counselors Association
 - b. American Clinical Mental Health Counseling Association
 - c. American Mental Health Counselors Association
 - d. American Counseling Association
4. Counseling initially developed from a humanitarian concern to improve people's lives in communities affected by
 - a. World War I
 - b. World War II
 - c. Sputnik I
 - d. The Industrial Revolution
5. Which of the following individuals founded Boston's Vocational Bureau and is considered the "founder of guidance?"
 - a. Frank Parsons
 - b. Jesse B. Davis
 - c. Clifford Beers
 - d. Hannah Stone
6. Which of the following individuals was the first to establish a systematized guidance program in the public schools?
 - a. Frank Parsons
 - b. Jesse B. Davis
 - c. Clifford Beers
 - d. Hannah Stone
7. Who wrote the book, *A Mind That Found Itself*?
 - a. Frank Parsons
 - b. Jesse B. Davis
 - c. Clifford Beers
 - d. Hannah Stone
8. The first national professional organization in the counseling field was called the
 - a. National Vocational Guidance Association
 - b. American Personnel and Guidance Association
 - c. American Counseling Association
 - d. American Mental Health Association

9. The flagship journal of the American Counseling Association is the
- Counseling Psychologist*
 - Journal of Counseling and Development*
 - Journal of Professional Counseling*
 - Journal of Mental Health Counseling*
10. Which of the following statements reflects the influence of World War I on the development of the profession of counseling?
- As a result of World War I, a greater emphasis in testing emerged, and psychometrics became a popular movement.
 - Due to the war efforts, World War I halted the development of counseling for a season.
 - World War I had little impact on the development of counseling.
 - World War I hastened the need for counselors and psychologists to train and help select specialists for the military and other industry.
11. Which of the following statements reflects the influence of World War II on the development of the profession of counseling?
- As a result of World War II, a greater emphasis in testing emerged, and psychometrics became a popular movement.
 - Due to the war efforts, World War II halted the development of counseling for a season.
 - World War II had little impact on the development of counseling.
 - World War II hastened the need for counselors and psychologists to train and help select specialists for the military and other industry.
12. Which of the following individuals formulated the first theory of counseling?
- Clifford Beers
 - Frank Parsons
 - Carl Rogers
 - E. G. Williamson
13. The first theory of counseling stated that people had aptitudes, interests, and achievements called _____ that could be combined in a variety of ways to form constellations of individual characteristics called _____.
- Traits; Factors
 - Factors; Traits
 - Schemas; Cognitions
 - Cognitions; Schemas
14. Which of the following individuals challenged the directive, counselor-centered approach and the major tenets of Freudian psychoanalysis with a non-directive, person-centered approach to counseling?
- Edward Thorndike
 - John Brewer

- c. Albert Ellis
 - d. Carl Rogers
15. The National Defense Education Act (NDEA) was enacted in reaction to what event?
- a. World War I
 - b. World War II
 - c. The launching of *Sputnik I* by the Soviet Union
 - d. The Great Depression
16. What did the 1963 Community Mental Health Centers Act authorize?
- a. The establishment of mental health centers in community colleges.
 - b. The establishment of a nationwide system of community mental health centers.
 - c. Funds for research and training to prevent and treat mental health disorders.
 - d. Stipends and paid internships for students engaged in graduate counseling studies.
17. The first state to adopt a professional counselor licensure law was
- a. Arkansas
 - b. Alabama
 - c. California
 - d. Virginia
18. Which of the following was formed in the 1980s to standardize counselor training and accredit counseling programs?
- a. APA
 - b. APGA
 - c. CACREP
 - d. NBCC
19. What occurred as a result of the growth of managed care organizations in the 1990s?
- a. The number of independent counselors decreased.
 - b. Many counselors became providers for health maintenance organizations (HMOs).
 - c. The number of sessions a counselor could offer under managed health care plans decreased.
 - d. All of the above.
20. Which of the following statements reflect(s) an impetus for forming the taskforce, 20/20: A Vision for the Future of Counseling?
- a. To address the issue of professional identity.
 - b. To advance the future of counseling.
 - c. To increase unity within the profession.
 - d. All of the above.
21. Which of the following refers to the philosophy, training model, and scope of practice that characterize a particular profession?
- a. Professional credentialing
 - b. Therapeutic professionalism

- c. Professional identity
 - d. Professional affiliation
22. _____ represents a specialty area within the school of medicine?
- a. Psychiatry
 - b. Social Work
 - c. Clinical Psychology
 - d. Professional Counseling
23. What is the purpose of the National Fair Access Coalition on Testing (FACT)?
- a. To ensure multicultural sensitivity in test construction and administration
 - b. To advocate for equitable access to testing services for all appropriately trained professionals who have demonstrated competence in administering and interpreting assessment instruments.
 - c. To ensure that all mental health professionals, regardless of training, have access to psychological tests.
 - d. None of the above.
24. Which of the following mental health professions is represented by Division 17 of the APA?
- a. Professional Counseling
 - b. Clinical Psychology
 - c. Counseling Psychology
 - d. Psychiatry
25. The definition of counseling reached by the task group, 20/20: A Vision for the Future of Counseling, includes all of the following *except*
- a. Counseling is a dynamic, lively, and engaging process
 - b. Counselors promote wellness
 - c. Counseling is diverse and multicultural
 - d. All of the above are included in the definition
26. In which court case did a judge rule that a counselor with a doctoral degree could not be held liable for the suicide of one of his clients because counselors were “mere teachers” who received training in a department of education?
- a. *Weldon v Virginia State Board of Psychologists Examiners*
 - b. *Bogust v. Iverson*
 - c. *Tarasoff v. University of California - Berkeley*
 - d. *Iowa Law Review Note*
27. All of the following are benefits of national counseling certification *except*?
- a. It ensures that counselors, rather than independent state legislators, set the national standards and minimum requirements for being a professional counselor.
 - b. It provides referral sources and networking opportunities across state lines.
 - c. It regulates professional practice.
 - d. All of the above are benefits of national counseling certification.