Fundamentals of Counseling DSST Exam

Section: Counselor Preparation Exams • **Total Questions:** 10 • **Format:** Verified Q&A

1. To establish counseling parameters, the family counselor must win the Battle for

(A) structure.
(B) initiative.
(C) change.
(D) maintenance.

2. Upon completion of a master's or doctorate, graduates seek certification from which of the following, as the primary certifying body in the United States?

(A) National Board of Certified Counselors
(B) American Board of Professional Counselors
(C) American Psychological Association
(D) Graduate Counseling Examination Board

3. In a counseling setting, the term counter-transference refers to

(A) the client's personal reaction to feelings about the counselor.
(B) the counselor's personal reactions to the client's issues.
(C) a theory that disagrees with the concept of transference.
(D) a current movement away from Freudian theories.

4. Career development theorists suggest that vocational interest may be relatively stable after adolescence because post adolescents

(A) are less influenced by their parents.
(B) have reached mental maturity.
(C) have a decreased need to rebel.
(D) have firmly established their self-concept.

5. In which theoretical orientation is the therapeutic alliance based on empowerment, collaboration, and egalitarian respect?

(A) Feminist
(B) Behavioral
(C) Cognitive
(D) Gestalt

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6. According to Piaget at what stage in cognitive development is one able to think abstractly and in complex ways?

(A) Sensorimotor
(B) Preoperational
(C) Concrete-operational
(D) Formal-operational

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7. In Freud's phallic stage of development, which of the following complexes refers to the male child's unconscious sexual desire for his mother and unconscious wish to eliminate his father?

(A) The Othello complex
(B) The Electra complex
(C) The Oedipus complex
(D) The Ego complex

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8. Maladaptive behaviors are likely to decrease in frequency when they are either consistently unrewarded or followed by

(A) punishment.
(B) attention.
(C) reinforcement.
(D) ignoring.

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9. According to Katherine A. Moon, in this theoretical approach to counseling, the client is an individual who is "entitled to direct his or her own therapy."

(A) Existential
(B) Gestalt
(C) Cognitive
(D) Person-centered

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10. Which career development theorist relied on the unconscious and the role of parents in the individual's development?

(A) Ann Roe

(B) John Holland

(C) Frank Parsons

(D) Donald Super