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# College Admission Fundamentals-of-Counseling

DSST Fundamentals of Counseling Exam (Dantes Subject Standardized Tests)



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## Question: 1

Which of the following nonverbal cues may send the wrong idea to a client?

- A. Leaning forward
- B. Smiling
- C. Maintaining eye contact
- D. Wink

**Answer: D**

Explanation:

A wink may send the wrong idea to a client. Nonverbal communication can say as much as verbal communication: it's important for counselors to be aware of how gestures and other cues might be interpreted. Good counselors will maintain good eye contact, smile, nod, and lean forward. This will tell the client that the counselor is listening. Counselors can also observe their clients' nonverbal cues to determine how they may be feeling. If a client enters with slumped shoulders or crosses her arms crossed upon sitting, the counselor will see by the body language that something is wrong.

## Question: 2

A client begins therapy with a new counselor. The client immediately tells the counselor he has been in jail for rape. After considering this situation, the counselor feels she cannot adequately counsel this individual based on her own prejudices. What should the counselor do in this situation?

- A. Cancel the individual as a client
- B. Continue counseling but do not talk about his crime
- C. Refer the client to another counselor
- D. Consult with the police

**Answer: C**

Explanation:

There may be clients that a counselor cannot adequately help for a variety of reasons. In these cases, the professional thing to do is to refer that client to someone who may be better equipped to do so. Unwillingness to refer a client when needed may result in harmful outcomes for either the client or the counselor.

## Question: 3

What has occurred when a counselor develops feelings for a client that go beyond the counseling relationship?

- A. Role reversal
- B. Transference
- C. Counter transference
- D. Psychodynamic shift

**Answer: C**

Explanation:

Counter transference occurs when a counselor develops feelings for a client that go beyond the counseling relationship. This phenomenon was discussed by Freud. The effects of countertransference vary, however they often take the shape of the counselor becoming involved in the client's life to the point of taking on the client's issues and problems. To avoid this occurrence, it is important to set up clear client-counselor boundaries. By developing clear boundaries, counselor and clients will be well aware of where the counseling relationship begins and ends.

### **Question: 4**

The ability for a counselor to communicate understanding and support builds the counseling relationships because the counselor is demonstrating what?

- A. Listening skills
- B. Ability to give advice
- C. Empathy
- D. Sympathy

**Answer: C**

Explanation:

Relationship building is key in the counseling relationship. As the relationship builds and trust increases, the client is willing to disclose more information, thus helping the healing process. Empathy is one aspect of this process. In the counseling relationship displaying empathy is a two-step process. First, empathy is demonstrated by understanding. The counselor can do this by paraphrasing what the client has said to confirm understanding. In the second step, the counselor can verbally acknowledge unspoken thoughts or feelings the client has expressed nonverbally.

### **Question: 5**

What therapeutic approach suggests that an individual must compensate for physical inferiorities?

- A. Psychodynamic
- B. Gestalt
- C. Algersians
- D. Existential

## Answer: C

### Explanation:

Algerians therapy is a therapeutic approach that suggests an individual must compensate for physical inferiorities. Because of these feelings of inferiority, individuals aim to reach superiority, which serves as a main motivator. Rather than looking to the past to uncover emotional disturbances, this therapeutic approach looks to the future as the individual attempts to reach finalism. In reaching finalism, the individuals have reached perfection. This is accomplished through the development of goals. It is when an individual struggles to reach or overcome his inferiority that maladaptive behaviors form, also referred to as inferiority complexes. Using this therapeutic approach, it is the counselor's role to provide clients with education and encouragement in order to help them overcome their inferiorities.

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